NEW-FASHIONED CHICKEN POT
PIE HAS LOST NONE OF
ITS OLD-FASHIONED VIRTUE.

potatoes and gravy is easily improved upon. A slice of Grandma's meat loaf, for example, made with whole eggs and high-fat ground beef, has about 274 calories and 19 g of fat. Our tasty version, which relies on fat-free egg whites and lean ground beef, pork and chicken, has 225 calories and 12 g of fat per slice. Mashed potatoes, traditionally prepared with whole milk and plenty of butter, can have as many as 209 calories and 8 g of fat per ⅔-cup serving. But by substituting lowfat milk for whole and light sour cream for butter, we've prepared a creamy alternative with only 154 calories and 1 g of fat. And don't forget the gravy that tops off this vintage meal. Made with the fat that drains from meat as it cooks, two tablespoons of pan gravy have about 47 calories and 4 g of fat. But two tablespoons of our version, prepared with drained meat drippings and beef broth, have only 21 calories and less than 1 g of fat.

Dessert may be the ultimate comfort food, and who can forget the creamy richness of Mom's chocolate pudding? Unfortunately this age-old classic, often prepared with whole milk and high-fat chocolate, can have as many as 258 calories and 8 g of fat per ⅔-cup serving. Using skim milk and lowfat cocoa, we've created a delicious parfait of chocolate and vanilla pudding with 235 calories and only 2 g of fat.

There's nothing "new wave" or "nouveau" about these healthier replicas; we've simply fashioned good old standbys to meet today's tough nutritional standards. In the enlightened '90s, what could be more comforting?

## Macaroni and Cheese Casserole

THIS CREAMY, lowfat casserole can be assembled and refrigerated several hours ahead of time.

*8 oz. elbow macaroni*
*1 tsp. salt*
*Vegetable cooking spray, preferably butter-flavored*
*1 cup skim milk*
*1 cup evaporated skim milk*
*2 tbsp. margarine, preferably unsalted*
*2 tbsp. flour*
*¼ tsp. paprika*
*⅛ tsp. cayenne pepper*
*Freshly ground black pepper to taste*
*4 oz. reduced-fat sharp Cheddar cheese, shredded*
*4 oz. Jarlsberg Lite cheese, shredded*
*1 tbsp. dry bread crumbs*

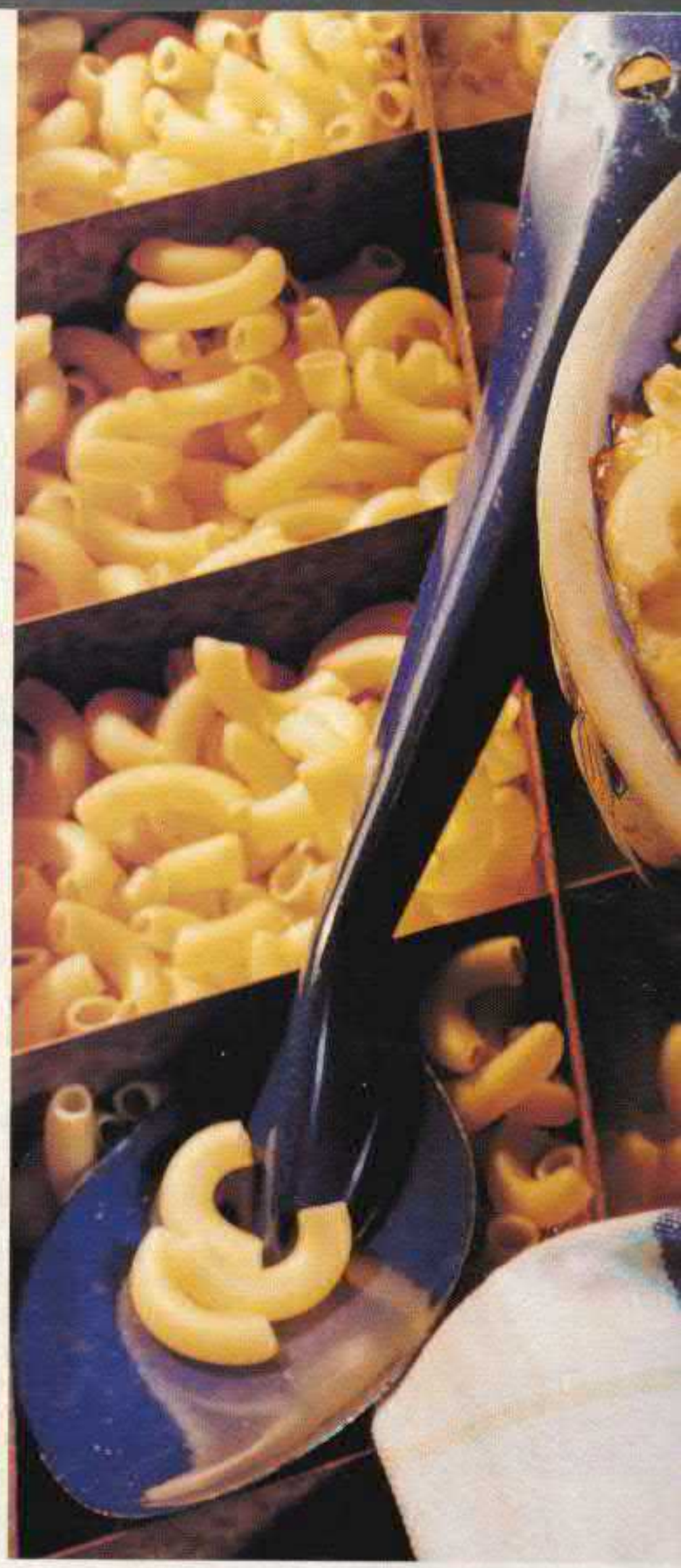
Cook macaroni in boiling water with ½ tsp. of salt until tender, about 10 minutes. Drain well. Coat a 2-qt. ovenproof casserole with vegetable cooking spray. Spoon macaroni into casserole and set aside.

In a medium saucepan, combine skim and evaporated skim milk, and heat over medium-low flame (do not scald). In another medium saucepan, melt 1 tbsp. of the margarine over medium heat; gradually add flour and combine, using a wire whisk. Lower heat to medium-low and whisk in 3 tbsp. of the heated milk. Stir constantly and cook until mixture is smooth. Slowly whisk in remaining milk. Raise heat to medium and cook, stirring, until sauce thickens, about 6 or 7 minutes. Reduce heat to low; add remaining salt and other seasonings and simmer mixture, stirring frequently, about 2 minutes.

Pour mixture into casserole with cooked macaroni, add all but 2 oz. of the cheese and combine. Taste and adjust seasonings, if needed. Sprinkle with bread crumbs and remaining cheese and dot with remaining margarine.

Preheat oven to 350°. Bake casserole in the middle of the oven until hot, bubbly and lightly browned, about 30 to 35 minutes. Makes 6 to 8 servings.

• 324 calories per serving (based on a 6-serving yield); 21 g protein; 39 g carbohydrate; 9 g fat (25% of calories); .8 g fiber; 16 mg cholesterol; 705 mg sodium; 36% of the U.S. RDA for calcium.



## Three-Meat Meat Loaf

THIS DELICIOUS VERSION can be cooked ahead and refrigerated a day or two, or frozen. If ground chicken breast is unavailable, try lean ground turkey.

*1 lb. lean ground sirloin or ground round*
*½ lb. lean ground pork*
*½ lb. ground chicken breast*
*1 tsp. finely chopped garlic*
*1 cup coarsely chopped onion*
*¼ cup coarsely chopped green pepper*
*½ tsp. salt*
*½ tsp. freshly ground black pepper*
*1 medium bay leaf, finely crumbled*
*¾ tsp. dried thyme, crumbled*
*½ tsp. dried marjoram, crumbled*
*¼ cup dry bread crumbs*
*¼ cup nonfat egg substitute or 2 lightly beaten egg whites*
*About ½ cup no-added-salt beef broth*

Preheat oven to 350°. In a large mixing

TREAT YOURSELF TO CREAMY MACARONI AND CHEESE, MADE WITH SKIM MILK AND REDUCED-FAT CHEDDAR.

FOOD STYLIST: CAROL COLE. PROP STYLIST: HILDA SHUM

bowl, combine all ingredients except broth; knead mixture with fingers until thoroughly blended. Shape mixture into a firm loaf, about 9 in. by 5 in., and place it in a shallow baking pan. Pour broth into the bottom of the baking pan.

Bake meat loaf in the middle of the oven, basting occasionally and adding more broth or water if necessary, for 1 hour or until cooked through. Remove to a serving plate. (Reserve the pan containing the meat drippings to prepare the gravy recipe below, if desired.) Let cool for 10 to 15 minutes before serving. Makes 6 to 8 servings.

• 225 calories per serving (based on an 8-serving yield); 23 g protein; 4 g carbohydrate; 12 g fat (51% of calories); .4 g fiber; 81 mg cholesterol; 225 mg sodium.

## Pan Gravy

THIS SMOOTH GRAVY has lots of flavor but very little fat.

*Drippings from meat loaf*
*3 tbsp. flour*
*1 cup or more no-added-salt beef broth*

TO MAKE GRAVY, drain fat from the drippings that adhere to the meat loaf pan. Scrape drippings to one side of the pan and place over medium heat. Meanwhile, blend flour with 3 tbsp. of the broth in a small bowl. Stir the flour mixture into the meat drippings and cook, stirring, for 1 to 2 minutes or until lightly browned. Gradually add remaining beef broth and cook, stirring and scraping up browned bits, until mixture is smooth and thick, 3 to 5 minutes. (If you want a thinner consistency, add water or more broth.) Season to taste with freshly ground black pepper and salt, if desired. Makes about 1 cup, or 8 servings.

• 21 calories per serving; 1 g protein; 3 g carbohydrate; .5 g fat (21% of calories); no fiber; 2 mg cholesterol; 11 mg sodium.

## Creamy Mashed Potatoes

THESE TASTY TATERS are smooth and creamy; if you like yours lumpy, simply omit the step using the ricer.

*2 lb. red boiling or russet potatoes*
*1 tsp. salt*
*½ tsp. freshly ground black pepper*
*½ cup 2% lowfat milk, scalded*
*¼ cup light sour cream, room temperature*

Peel potatoes and cut into uniform pieces, about 1½ in. across. Place in a medium pot, add water to cover and ½ tsp. of the salt, and bring to a boil. Cook potatoes until very tender when pierced with a fork, about 25 minutes; drain thoroughly.

Put potatoes through a ricer or food mill, then return them to the pot and season with pepper and remaining salt. Slowly add heated milk to potatoes, beating thoroughly with electric beaters. Stir in sour cream; taste and adjust seasonings, if necessary. Serve at once. Makes 4 to 6 servings.

• 154 calories per serving (based on a 6-serving yield); 4 g protein; 33 g carbohydrate; 1 g fat (7% of calories); 2 g fiber; 2 mg cholesterol; 382 mg sodium.

## Chicken Pot Pie

ALTHOUGH THE traditional recipe calls for a crust made with gobs of shortening, ours uses only a little olive oil. Quartered small red potatoes can be substituted for the parsnips.

*1½ cups flour, plus a little extra for rolling*
*2 tsp. baking powder*

MEAT LOAF DINNER: SOOTHES THE SOUL, SPARES THE HEART

*1 tsp. salt*
*3 tbsp. plus 2 tsp. olive oil*
*½ cup skim milk*
*¾ cup finely chopped onion*
*¾ tsp. minced garlic*
*4 oz. mushrooms, thickly sliced*
*1½ lb. boneless, skinless chicken breasts, trimmed of all fat, cut into 1-in. pieces*
*3 medium carrots, cut into ½-in. slices (about 1 cup)*
*3 medium parsnips, peeled and cut into ½-in. slices (about 1¼ cups)*
*½ tsp. dried thyme, crumbled*
*½ tsp. dried basil, crumbled*
*½ tsp. freshly ground black pepper*
*½ cup dry white wine or vermouth*
*¾ cup low-sodium chicken broth*
*2 tbsp. cornstarch mixed with 2 tbsp. water*

Sift flour, baking powder and ½ tsp. of the salt into a medium mixing bowl. Drizzle 3 tbsp. of the oil over mixture and stir with a fork until mixture has the texture of coarse cornmeal. Pour in milk and stir until combined. (If mixture is too sticky, stir in additional flour, a tablespoon at a time.) Turn dough onto a lightly floured surface and knead gently with the heel of your hand 10 or 12 times. Pat dough into a disk shape, wrap with plastic wrap and refrigerate until needed.

Pour remaining 2 tsp. of olive oil into a large cast-iron skillet and heat over medium flame. Add onion, garlic and mushrooms and cook until onions are soft, about 3 minutes; remove from heat. Add chicken, carrots, parsnips, thyme, basil, pepper and remaining salt, and stir carefully to combine. Pour in wine and broth and return mixture to heat. Bring to a simmer, cover and cook for 30 minutes, skimming film off top as necessary.

Remove ¼ cup of the hot broth from the skillet and stir into the cornstarch-water mixture, then stir this back into the chicken mixture. Simmer, stirring, until broth is thick and smooth, 2 to 3 minutes. Remove from heat and reserve. (If you wish to freeze or refrigerate unbaked pie, let filling cool before assembling it.)

Preheat oven to 450°. Spoon filling into a 1½-qt. ovenproof casserole; reserve. On a lightly floured surface, roll refrigerated dough to fit the top of the casserole. Place dough over the filling and with the tines of a fork, press dough against the sides of the casserole to seal; perforate top in several places. (Pie can be prepared up to this point and kept refrigerated or frozen.) Place pie on the middle shelf of the oven; place a sheet of foil or a baking sheet on the shelf below to catch any spills. Bake until dough is lightly browned, about 12 to 15 minutes. (If frozen, bake undefrosted pie in a preheated 450°-oven until the top is golden brown, about 30 minutes. Cover loosely with aluminum foil and bake an additional 10 to 15 minutes or until bubbly and heated through.) Makes 6 servings.

• 405 calories per serving; 31 g protein; 39 g carbohydrate; 12 g fat (27% of calories); 4 g fiber; 72 mg cholesterol; 566 mg sodium; more than 100% of the U.S. RDA for vitamin A, 73% for vitamin B3, 33% for vitamin B6, 15% for iron.

## Vanilla and Chocolate Pudding Parfait

HERE'S A quick-and-easy lowfat dessert that's sure to satisfy your sweet tooth.

*½ cup unsweetened cocoa*
*½ cup plus 2 tbsp. sugar*
*3 cups plus 4 tbsp. skim milk*
*¼ cup cornstarch*
*¼ tsp. salt*
*2 tsp. vanilla*

In a medium saucepan, combine cocoa and 2 tbsp. of the sugar. Over medium heat, gradually stir in 4 tbsp. of the milk. Cook mixture, stirring constantly until combined, 1 to 2 minutes. Remove from heat and reserve.

In a heavy-bottomed medium saucepan, combine cornstarch, salt and remaining sugar; over medium heat, gradually whisk in remaining milk. Cook, stirring constantly, until mixture is thick, about 12 minutes, lowering heat if necessary to keep bottom from scorching. Remove from heat and pour about ⅔ of this mixture into the reserved cocoa mixture. Stir to combine and cook 2 minutes longer, stirring. Remove mixture from heat, stir in 1¼ tsp. of the vanilla and reserve.

Return the saucepan containing the remaining cornstarch mixture to the stove and cook an additional 2 minutes, stirring constantly. Remove from heat and stir in the remaining vanilla.

Using half of the chocolate mixture, spoon a layer of chocolate into four 8-oz. custard cups. Spoon vanilla mixture into the custard cups, then spoon in remaining chocolate. Cover cups with plastic wrap and refrigerate until chilled. Makes 4 servings.

• 235 calories per serving; 9 g protein; 52 g carbohydrate; 2 g fat (6% of calories); no fiber; 3 mg cholesterol; 236 mg sodium.

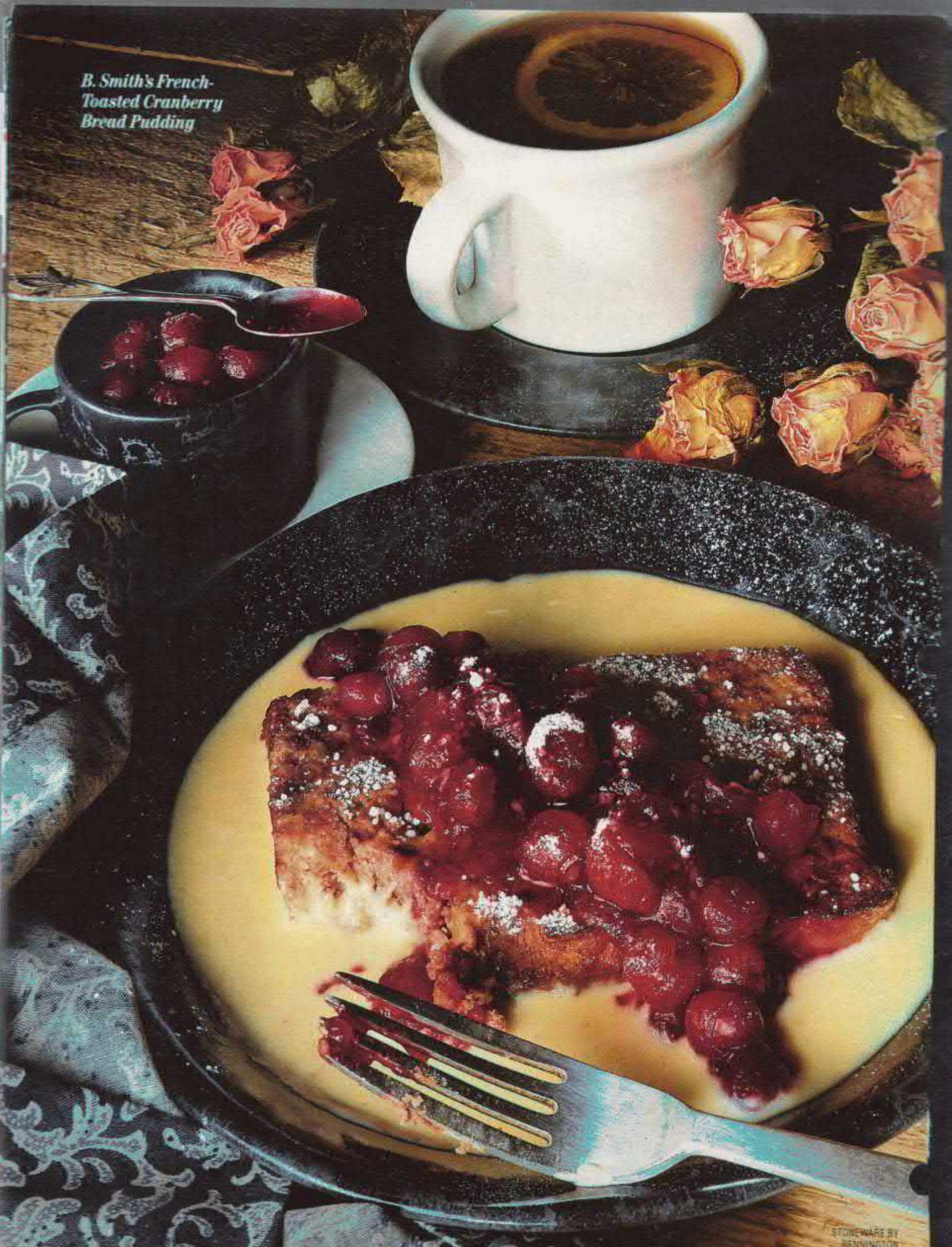
*Sharon Lerch is a New York City–based food writer and recipe developer.*

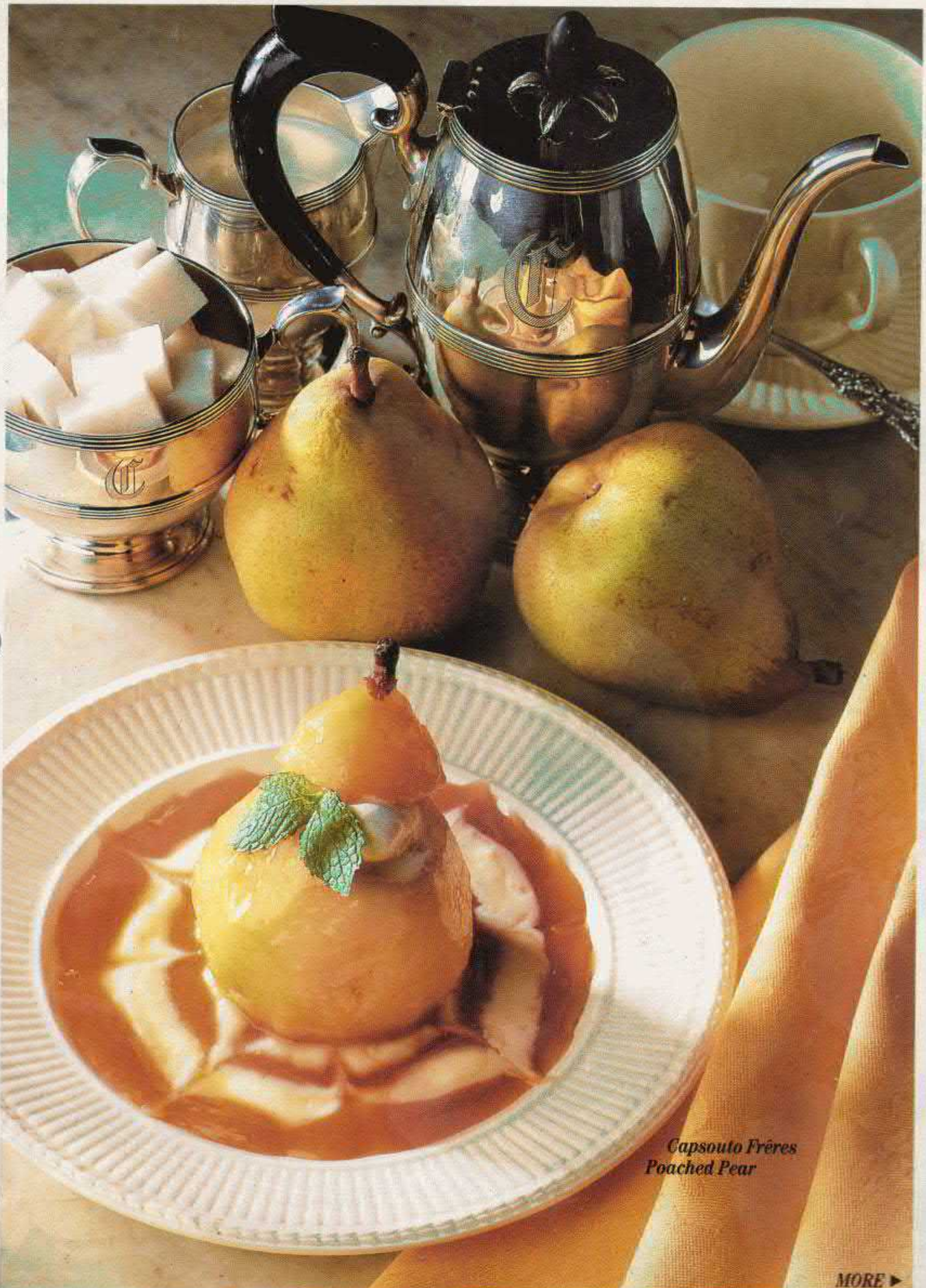
# AMERICANA

AUGUST 1990 $2.95

D. M. HU
FALLS

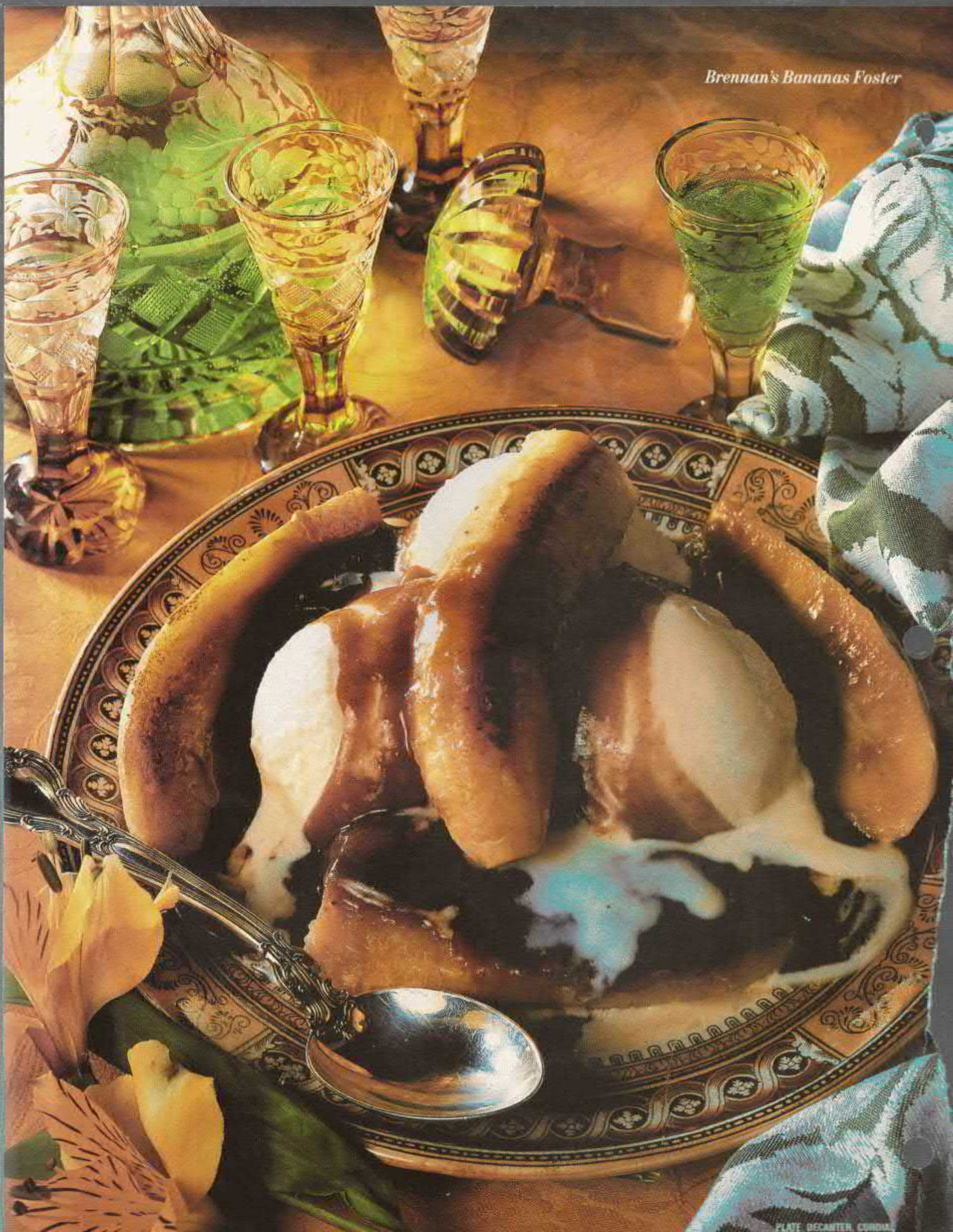
## *TRUE VELVET:*
## *Summer's Blueberry Bounty*


B. Smith's French-
Toasted Cranberry
Bread Pudding
STONEWARE BY



*Capsouto Frères*
*Poached Pear*

MORE ▶


Brennan's Bananas Foster

# Our Favorite Festive Desserts

***This holiday season, treat your family to something new and exciting. We asked a few of America's top restaurants to share their secret recipes for memorable finales to celebratory meals. By Joanne L. Hayes***

Save room for dessert! Just in time for holiday entertaining, *Country Living* editors persuaded renowned chefs from across the country to share their recipes for 14 of our favorite restaurant desserts. In our travels we have noticed new emphasis on the meal's final course—and for good reason. No longer the same in every restaurant, desserts now reflect local products, the ethnic heritage of the area and chef, and good old-fashioned American cooking. Our collection includes exciting variations of such down-home favorites as pecan pie, pound cake, gingerbread, bread pudding, apple pie, sweet-potato pie, poached pears, custard, fritters, homemade ice cream, as well as a classic sweet omelet, a spectacular flamed dessert sauce, and two rich and creamy chocolate fantasies you won't forget. See the Shopping-Guide Index for the addresses of restaurants whose recipes we feature.

## *B. Smith's French-Toasted Cranberry Bread Pudding*

Shown on page 148

**In the heart of New York City's theater district, B. Smith's is owned by former model Barbara Smith. The restaurant's innovative decor and menu have made it a popular spot for lunch, dinner, and after the show. This old-fashioned bread pudding has a new twist.**

MAKES 12 SERVINGS

- **3 cups (1½ pints) half-and-half**
- **1 cup (½ pint) heavy cream**
- **2 tablespoons butter or margarine**
- **2 tablespoons vanilla extract**
- **2 tablespoons ground cinnamon**
- **1 teaspoon ground nutmeg**
- **4 large eggs, lightly beaten**
- **15 slices white bread, toasted, cut into 1-inch squares**
- **¾ cup fresh or frozen cranberries**
- **¼ cup chopped, toasted pecans**

**Maple Bourbon Custard:**

- **1½ cups milk**
- **½ cup maple syrup**
- **4 large eggs, lightly beaten**
- **1 tablespoon bourbon**
- **2 teaspoons vanilla extract**

**Cranberry Sauce:**

- **4 cups fresh or frozen cranberries**
- **¾ cup sugar**
- **¾ cup water**

- **3 large eggs**
- **1½ teaspoons ground cinnamon**
- **4 teaspoons butter or margarine**
- **Confectioners' sugar (optional)**

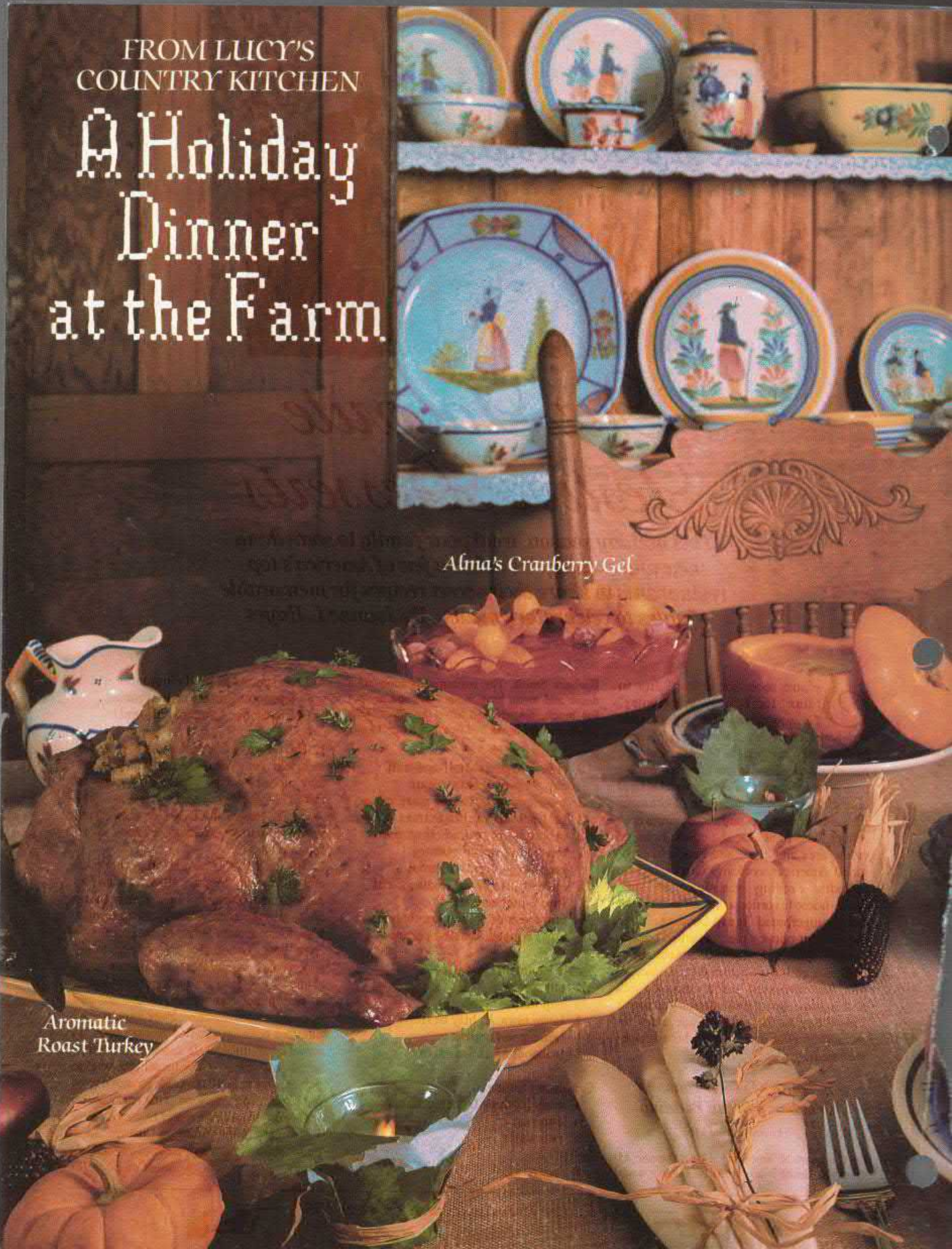
1. Heat oven to 350°F. Grease 8½- by 4½-inch loaf pan. Measure and cut 26-inch-long piece of waxed paper. Fold paper in thirds lengthwise. Lightly grease one side. Fit paper, greased side in, around inside of loaf pan, leaving 1½ inches above top of pan.
2. In 4-quart saucepan, stir together half-and-half, heavy cream, butter, vanilla, cinnamon, and nutmeg. Cook over medium heat, stirring occasionally, just until bubbles form around edge of pan. Remove from heat. Gradually stir several tablespoons of cream mixture into beaten eggs, then stir egg mixture back into saucepan.
3. Stir bread, cranberries, and pecans into egg-and-cream mixture. Pour into greased pan and bake on rimmed baking sheet 45 minutes or until knife inserted in center comes out clean. Cool bread pudding in pan on wire rack 10 minutes. Remove from pan; cool completely on wire rack. Wrap and refrigerate until ready to serve.
4. Prepare Maple Bourbon Custard: In 2-quart saucepan, warm milk over medium

*Continued on page 161*

*The Recipe Index is located on page 156.*

FROM LUCY'S
COUNTRY KITCHEN

# A Holiday Dinner at the Farm



*Celebrate Thanksgiving around a table embellished with dried corn, autumn leaves, and pumpkins. Studded with pockets of herbs, the turkey and its tantalizing aroma fill the room, awaiting family and friends. Traditional in flavor but lighter on the waist, this bountiful meal is dished up on old and new Quimper ware from France. Natural companions to the festive bird include stuffing and cranberries in a compote. (See Recipe Index.)*

PHOTOGRAPHY BY DALE WING. FLATWARE: ROYAL COPENHAGEN. TABLECLOTH: NECESSITIES. SEE SHOPPING-GUIDE INDEX.

Mom's Bread Stuffing

Mushroomed Beans

Pumpkin-Squash Bisque

Elegant Vegetable Puree

FROM LUCY'S COUNTRY KITCHEN

# A Holiday Dinner at the Farm

*Turkey and trimmings will always be the traditional fare for Thanksgiving dinner. These lighter, less fattening versions are sure to please your family and your guests.*

*By Lucy Wing*

Turkey is a bird that I prepare in numerous ways year-round. Several years ago, I decided not to roast one for Thanksgiving dinner. Even though my guests enjoyed the prime-rib dinner, they were disappointed at the absence of turkey. Since then, I've had a bird on the table every Thanksgiving. I prepare it a little differently each year, using new seasonings or stuffings, so my guests no longer feel it's just the same old bird. For example, one year, the turkey was roasted Oriental style with a soy-sauce baste. Another time, it had a Mexican flavor with a mole sauce.

This year, I've inserted flavorful herbs into the flesh of the bird, a technique often used when preparing herbed leg of lamb. Herb butter, which is frequently used to flavor chicken, can also be tucked between the skin and flesh of the turkey. However, the flavors will not penetrate as well as when you insert the herbs into the flesh.

For this holiday dinner, traditional foods are prepared in a new, lighter way—it is no longer necessary to use butter or fat drippings to make gravy, or to swirl whipped cream on top of the soup. The secret to reducing calories is simmering ingredients in water rather than sautéing them in butter. With our recipes, you can still feast on turkey and all the trimmings without feeling as stuffed as your bird.

## *Aromatic Roast Turkey*

Shown on page 152

**To reduce baking time, I usually prefer to roast turkey without stuffing in its cavities. Without bits of stuffing clinging to the inside cavities, the leftover turkey carcass can be used to make soup stock. However, it wouldn't be Thanksgiving without stuffing in the bird, so the choice is yours.**

MAKES 16 SERVINGS

**Mom's Bread Stuffing (recipe, page 156)**
**1 16-pound fresh or thawed, frozen turkey**
**2 tablespoons olive oil**
**¼ cup coarsely cut fresh Italian parsley leaves**
**3 tablespoons fresh thyme leaves or 1 tablespoon dried thyme**
**2 tablespoons chopped fresh tarragon leaves or 2 teaspoons dried tarragon**
**2 tablespoons chopped fresh sage leaves or 2 teaspoons dried sage**
**2 tablespoons chopped fresh chives or green onions**
**Giblet Gravy (recipe follows)**
**Celery leaves (optional)**

1. Prepare Mom's Bread Stuffing; cool slightly. Remove giblets and neck from turkey and reserve for Giblet Gravy. Rinse turkey with cold water; drain well. Pat dry with paper towels. Rub oil all over turkey skin.
2. Stuff neck cavity; skewer neck skin to turkey back; tuck wing tips under shoulder joints. Spoon stuffing lightly into body cavity. Tie drumsticks securely to tail or push drumstick under clamp or band of skin, if present.
3. With sharp paring knife, make ½-inch-deep cuts about ½ inch wide and 1½ inches apart in meat of turkey breasts, legs, and thighs. In small bowl, combine parsley, thyme, tarragon, sage, and chives. Insert herbs into the cuts, reserving about 2 tablespoons.
4. Heat oven to 325°F. In shallow, open roasting pan, place turkey, breast side up, on rack. If using a meat thermometer, insert it so the bulb is in the center of the inside thigh muscle. Be sure the bulb is not touching bone.
5. Roast turkey 2½ hours or until skin is golden brown. While turkey is roasting, prepare the broth in Giblet Gravy. Cut string or remove drumsticks from clamp or band of skin, so heat can reach inside of thighs. Cover turkey breast loosely with a piece of aluminum foil. Continue to roast turkey 1½ to 2 hours or until thermometer registers 180° to 185°F. To test for done-

*Continued on page 156*

*The Recipe Index is located on page 156.*

# HOW CHEDDAR CHEESE GIVES PLAIN VEGETABLES A TASTE YOU'LL FANCY.

This bunch of broccoli was utterly uninspired, until a simple cheddar sauce melted your heart. How could something so easy make such a difference? Try this simple recipe and see!

**MICROWAVE CHEDDAR SAUCE RECIPE**

Heat 1 c. milk 2 minutes on medium high. Set aside. Melt 2 Tbs. butter 1 minute on high. Stir in 2 Tbs. flour, heat 1 minute more on high. Briskly stir in warm milk. Blend well. Cook on high 2½ minutes, or until boiling. Stir in 1 c. grated cheddar cheese. Blend well.



America's Dairy Farmers

CHEESE MAKES ALL THE DIFFERENCE

Pg 156

AMERICANA

## HOLIDAY DINNER

*Continued from page 154*

ness when not using a meat thermometer, wait approximately 20 minutes before roasting time is up, then press the thick part of the drumstick between fingers protected with a paper towel; meat should feel soft and drumstick should move up and down easily. When thighs are pierced with a fork, the juices should not be pink.

6. Transfer turkey to large platter; let rest 15 minutes before carving. Meanwhile, prepare the Giblet Gravy. Insert reserved chopped herbs into the cuts of the turkey. Garnish platter with celery leaves, if desired. Serve turkey with Giblet Gravy.

**GIBLET GRAVY:** While turkey is roasting, spray 4-quart saucepan with **nonstick vegetable cooking spray** and brown reserved turkey neck and giblets. Add a handful of **celery leaves, 1 small onion,** cut up, and **1 bay leaf. Add 4 cups water** to cover giblets and heat to boiling. Cover pan and simmer 1 to 1½ hours or until giblets and neck are tender. Remove giblets and neck from broth. Strain and cool broth; discard celery, onion, and bay leaf. Bone the neck; chop the neck meat and giblets. When turkey is done, pour roasting-pan drippings into a 4-cup measuring cup or bowl. Let drippings stand until fat rises to top of juices. Discard fat from the drippings. Add strained giblet broth to juices to make 4 cups liquid. If not enough, add water. Pour 2 cups broth mixture into roasting pan and heat to loosen browned-on bits. Stir **½ cup unsifted all-purpose flour** into remaining broth mixture until smooth; stir into broth mixture in roasting pan. Cook until gravy thickens and bubbles, stirring constantly. Stir in chopped giblets and neck meat. Add salt and pepper to taste. Serve from gravy boat. Makes 4 cups.

Nutritional information per serving without stuffing but with gravy—**protein:** 68 grams; **fat:** 13 grams; **carbohydrate:** 3 grams; **fiber:** .26 gram; **sodium:** 130 milligrams; **cholesterol:** 174 milligrams; **calories:** 425.

## RECIPE INDEX


Alma's Cranberry Gel..... 156
Aromatic Roast Turkey.... 154
Brennan's Bananas Foster..... 161
B. Smith's French-Toasted Cranberry Bread Pudding..... 151
Capsouto Frères Poached Pears..... 162
Charleston Truffle Tart..... 163
Elegant Vegetable Puree..... 158
Gena's Sweet-Potato Pie ..... 167
Goodfellow's Peanut-Butter-and-Banana Fritters ..... 168
Griswold Inn Chocolate-Pecan Pie .... 166
Highlands Jack Daniel's Chocolate Ice Cream..... 170
The Inn at Fordhook Farm Blueberry Gingerbread ..... 164
Maui Prince Mango Custard ..... 170
Mom's Bread Stuffing ..... 156
Mr. B's Apple-Rhubarb Pie ..... 164
Mrs. J's Sacred Cow White Chocolate Mousse ..... 171
Mushroomed Beans ..... 158
Prunelle Omelette à l'Orange..... 168
Pumpkin-Squash Bisque.. 158
Windows Whipped-Cream Pound Cake..... 166
Zarela Chocolate-Mocha Pecan Cake..... 165
Whole-Wheat Toasting Bread..... 186


### *Mom's Bread Stuffing*

Shown on page 153

**Years ago, my mom would fry up bacon bits with onion and celery before adding the bread cubes to make her stuffing. It was delicious, but quite rich. In this variation of her old-fashioned stuffing, the vegetables are boiled rather than sautéed, reducing the calories by about 25 percent.**

MAKES ENOUGH FOR 14- TO 16-POUND TURKEY OR ABOUT 2 QUARTS

- **1½ cups water**
- **2 large onions, chopped (2 cups)**
- **1 cup chopped celery**
- **12 cups fresh white or whole-wheat bread cubes (about 24 slices bread, cubed)**
- **½ cup chopped fresh parsley leaves**
- **½ cup chopped green onions**
- **2 teaspoons poultry seasoning**
- **½ teaspoon salt**

1. In 8-quart saucepot, heat water and onions to boiling over high heat. Reduce heat to low; cover and simmer 5 minutes. Add celery and simmer just until vegetables are tender. Remove from heat.
2. Add bread cubes, parsley, green onions, poultry seasoning, and salt to vegetables; toss until well mixed. If you prefer a very moist stuffing, add more water or some turkey broth. Use mixture to stuff neck and body cavities of turkey or spoon into greased 2-quart casserole; cover and bake at 325°F for about 30 minutes or until stuffing is hot throughout.

Nutritional information per cup—**protein:** 5 grams; **fat:** 2 grams; **carbohydrate:** 26 grams; **fiber:** 2 grams; **sodium:** 380 milligrams; **cholesterol:** 0 milligrams; **calories:** 140.

### *Alma's Cranberry Gel*

Shown on page 152

**In this tasty side dish, cranberry sauce, a traditional Thanksgiving favorite, is set into raspberry-flavored gelatin topped with sour-cream–walnut and pineapple gelatin layers. This recipe, from my brother-in-law's mother, Alma Pfortner, is made in a decorative mold and unmolded for serving. I prefer using a bowl so that I don't have to worry about the unmolding process.**

MAKES 12 SERVINGS

- **2¼ cups boiling water**
- **3 3-ounce packages raspberry-flavored gelatin or 3 3-ounce packages sugar-free raspberry-flavored gelatin**
- **2¼ cups cold water**
- **1 cup canned or homemade whole-berry cranberry sauce**
- **½ cup sour cream**
- **½ cup chopped walnuts**
- **1 8-ounce can crushed pineapple in juice, drained well**
- **Kumquat flowers (optional, directions follow)**
- **Sugared Cranberries (optional, directions follow)**

1. In 3 separate small bowls, combine ¾ cup boiling water and 1 package gelatin; stir until gelatin dissolves. Stir ¾ cup cold water into each bowl of gelatin.
2. Stir cranberry sauce into one bowl of raspberry gelatin; pour into footed 2-quart glass serving bowl. Cover and refrigerate until gelatin sets—about 1 hour.
3. Meanwhile, refrigerate second bowl of raspberry gelatin just until the consistency of unbeaten egg whites—about 20 min-

*Continued on page 158*

### Turkey Help Line

Bewildered about basting? Troubled about trussing? Stumped by stuffing? Call the Butterball Turkey Talk-Line (800) 323-4848 for assistance. The toll-free line is open Oct. 30th to Nov. 22nd, Monday through Friday, from 8 A.M. to 8 P.M. (C.S.T.), and on the weekend prior to Thanksgiving from 8 A.M. to 6 P.M. Ask for the company's free recipe booklet.

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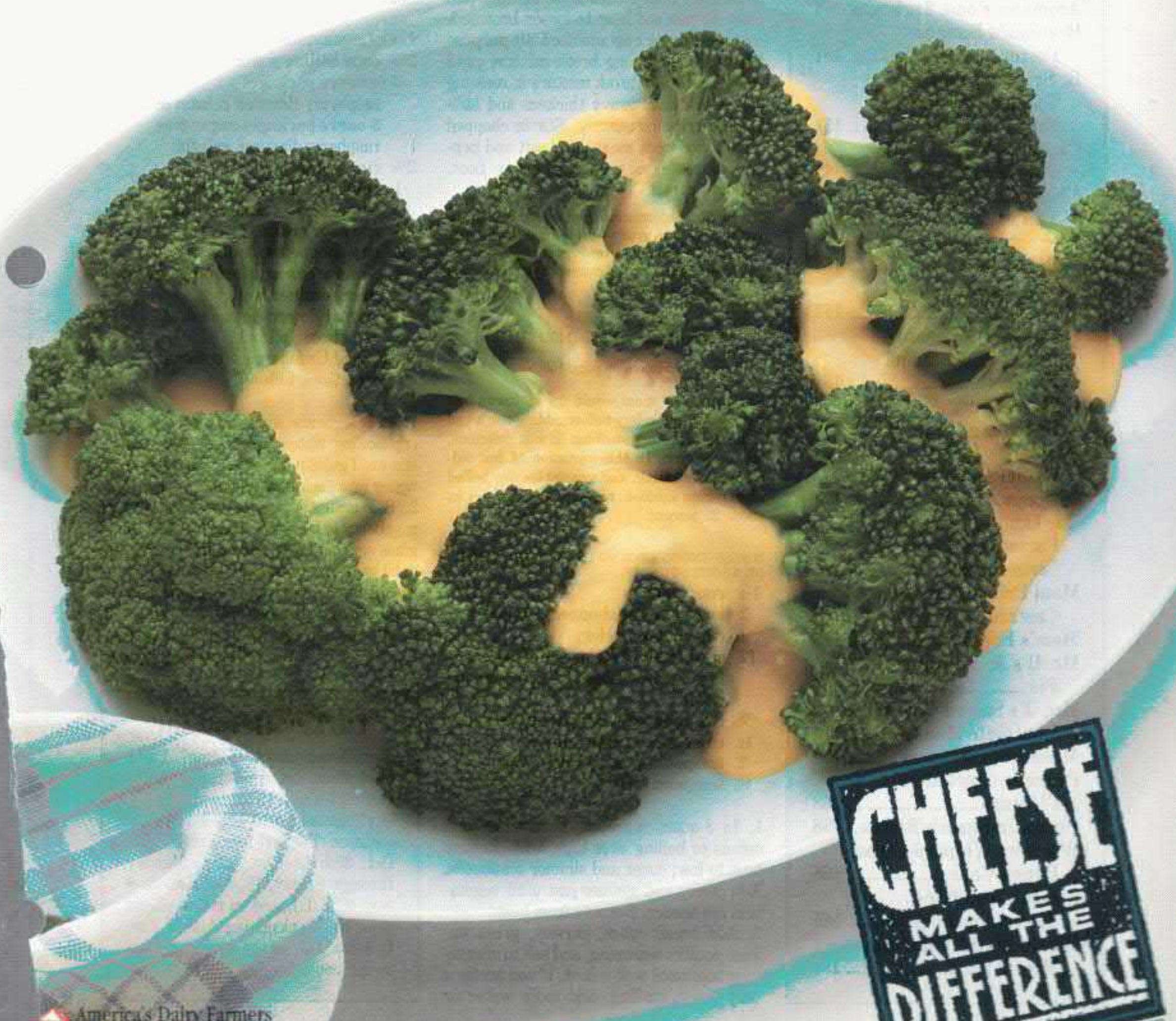




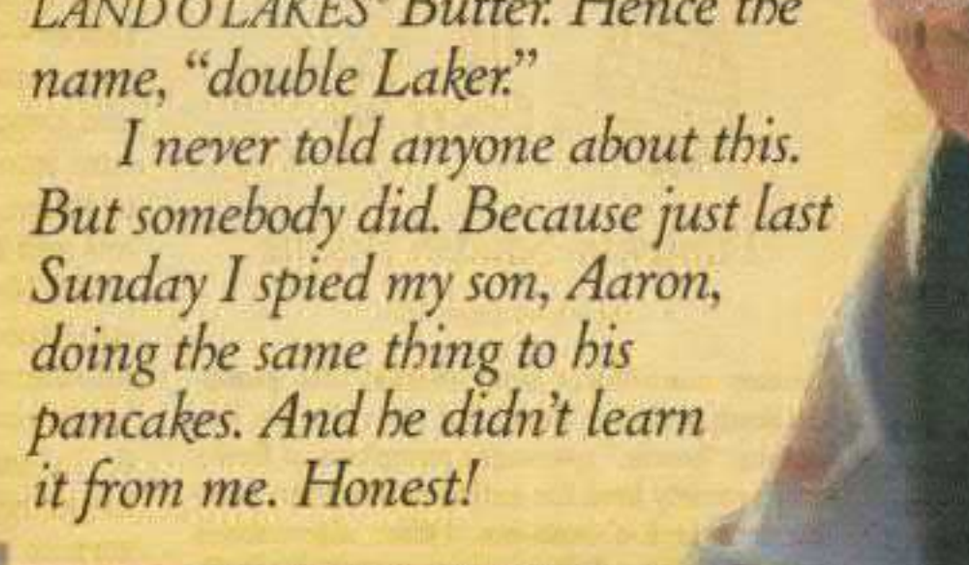
America's Dairy Farmers

CHEESE MAKES ALL THE DIFFERENCE

*My grampa, the "double Laker." My brother and I called him that. It sounds silly, but Sundays at the family pancake breakfast, he'd always earn the nickname.*

*Here's what he'd do: When "Pa" thought no one was watching, he'd knife up some butter and hide it under his top pancake. Then, as if nothing had happened, he'd dive back into the butter dish, this time burying the top of his stack with LAND O LAKES® Butter. Hence the name, "double Laker."*

*I never told anyone about this. But somebody did. Because just last Sunday I spied my son, Aaron, doing the same thing to his pancakes. And he didn't learn it from me. Honest!*




The Taste That Brings You Back

Pg 158

## HOLIDAY DINNER

*Continued from page 156*

utes. With wire whisk, stir in sour cream until well mixed, then fold in walnuts. When cranberry layer in bowl is solid; add sour-cream gelatin to bowl for the second layer. Cover and refrigerate until set—about 30 minutes

4. Meanwhile, refrigerate third bowl of raspberry gelatin just until the consistency of unbeaten egg whites—about 20 minutes. With wire whisk, stir in pineapple until well mixed. When sour cream layer in bowl is solid, add pineapple layer to bowl for the third layer. Cover and refrigerate at least 4 hours or overnight.

5. Prepare Kumquat Flowers and Sugared Cranberries, if using. Just before serving, garnish gelatin with the fruit.

**Kumquat Flowers:** For each flower, use **1 large kumquat.** From the end opposite the stem, cut or score just the skin into 6 to 8 wedges, cutting almost to the stem end at bottom of the kumquat. Peel the skin away from the fruit, leaving the skin attached at the bottom.

**Sugared Cranberries:** In small bowl, beat **1 small egg white** lightly. Dip **fresh cranberries** into egg white; roll in **sugar** to coat; dry on paper towels.

Nutritional information per serving made with sugared gelatin but without Kumquat Flowers and Sugared Cranberries—**protein:** 2 grams; **fat:** 5 grams; **carbohydrate:** 18 grams; **fiber:** 1 gram; **sodium:** 25 milligrams; **cholesterol:** 4 milligrams; **calories:** 117.

### *Elegant Vegetable Puree*

Shown on page 153

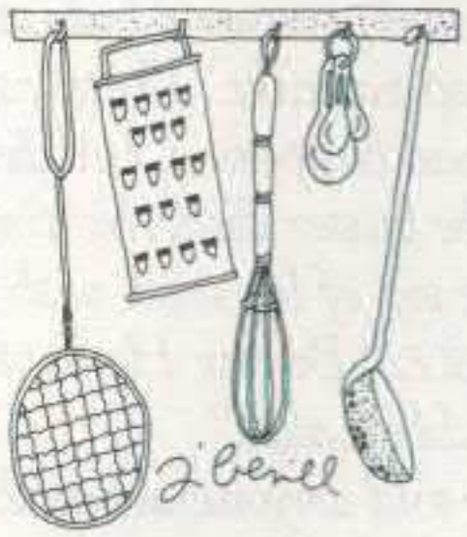
**Often considered humble root vegetables, carrots, turnips, and potatoes have played an important role in the history of the world's food, often feeding the poor during times of famine. These lowly vegetables are given dignified status in this tasty puree, which can be made ahead, chilled, and reheated.**

MAKES 8 SERVINGS

- **5 medium-size (about 10 ounces) carrots, peeled**
- **2 medium-size (about 10 ounces) all-purpose potatoes, peeled**
- **1 medium-size (about 1¼ pounds) rutabaga or yellow turnip, peeled**
- **2 tablespoons butter or margarine**
- **½ teaspoon salt**
- **⅛ teaspoon ground black pepper**
- **3 baby carrots, cooked (optional)**
- **Fresh chervil sprigs (optional)**

1. Finely dice carrots, potatoes, and rutabaga. In 4-quart saucepan, place vegetables and add enough water to cover. Cover saucepan and heat water to boiling over high heat. Reduce heat to low; simmer vegetables 30 minutes or until tender.
2. Drain off water from vegetables. Stir butter, salt, and pepper into vegetables and using potato masher, mash into a puree. If not serving puree immediately, transfer to container; cool, cover, and refrigerate. Rewarm in microwavable dish in the microwave oven or in saucepan over low heat, stirring often.
3. To serve, spoon vegetable puree into serving dish; garnish with baby carrots and fresh chervil, if desired.

Nutritional information per serving—**protein:** 2 grams; **fat:** 3 grams; **carbohydrate:** 18 grams; **fiber:** 3 grams; **sodium:** 186 milligrams; **cholesterol:** 8 milligrams; **calories:** 102.



### *Pumpkin-Squash Bisque*

Shown on page 153

**Creamy cauliflower soup swirled into pumpkin soup is rich in flavor but not calories. For serving "bowls," use sugar pumpkins, a fleshy small variety bred for eating rather than carving into jack-o'-lanterns. Other alternatives include Golden Debut, an orange butterball-type winter squash with a moist-orange flesh, or Golden Nugget, a deep-orange pumpkin-shaped squash. If available, try Kabocha, a green-skinned, buttercup-type winter squash with sweet deep-orange flesh.**

MAKES 8 SERVINGS

- **8 small sugar pumpkins, small Golden Debut squashes, or large Golden Nugget squashes (optional)**
- **2 13¾- or 14½-ounce cans chicken broth, all surface fat removed**
- **1 cup sliced fresh or frozen cauliflower**
- **1 medium-size onion, chopped**
- **2 cups milk**
- **⅓ cup unsifted all-purpose flour**
- **½ teaspoon salt**
- **⅛ teaspoon ground white pepper**
- **¼ cup half-and-half**
- **4 cups mashed cooked sugar pumpkin or winter squash (use any dry textured, orange-fleshed winter squash such as butternut, Kabocha, Golden Debut, or Hubbard)**

1. If using pumpkins for serving bowls, heat oven to 350°F. Rinse pumpkins; pat dry. Cut a wide circle around the stem of each pumpkin making a lid. Remove lid and with spoon, scrape out seeds and stringy portion from pumpkins. Place pumpkins and their lids in large shallow roasting or baking pan. Cover pan with aluminum foil.
2. Bake pumpkins 30 to 50 minutes or just until flesh is fork-tender. Test lids for doneness after 30 minutes; if tender, remove and set aside. (Do not overbake or the pumpkins will collapse.) To microwave, place 3 or 4 pumpkins with their lids inserted on top in microwave oven. Cook 15 to 20 minutes, rotating them every 5 minutes, or until tender. Repeat until all pumpkins have been microwaved.
3. In 4-quart saucepan, heat broth and cauliflower to boiling over high heat. Reduce heat to low; cover and simmer fresh cauliflower until tender—about 10 minutes. If using frozen cauliflower, cook about 5 minutes. With slotted spoon, remove cauliflower to blender or food processor, leaving broth in saucepan.
4. Add onion to broth remaining in saucepan; cover and heat to boiling. Cook until tender—about 5 minutes. Meanwhile, in cup, combine ½ cup milk, the flour, salt, and pepper until smooth. Stir flour mixture into onion and broth. Cook mixture, or sauce, stirring constantly, until it thickens and boils. Remove from heat.
5. In blender, puree cauliflower with ½ cup sauce and the half-and-half. Pour cauliflower soup into small saucepan and keep warm over very low heat.
6. In same blender (no need to wash), blend remaining sauce until smooth; return to saucepan; set aside. Add half the mashed pumpkin and ¾ cup milk to blender; blend until smooth; pour into saucepan with sauce. Repeat to puree remaining mashed pumpkin with remaining milk. Heat pumpkin mixture, or bisque, over low heat just until hot, stirring constantly. (Do not allow to boil.)
7. To serve, ladle pumpkin bisque into baked pumpkin "bowls" or serving bowls and place on serving plates. Drizzle cauliflower soup on top of each serving.

Nutritional information per serving—**protein:** 6 grams; **fat:** 4 grams; **carbohydrate:** 15 grams; **fiber:** 3 grams; **sodium:** 509 milligrams; **cholesterol:** 12 milligrams; **calories:** 116.

### *Mushroomed Beans*

Shown on page 153

**Fluted mushrooms make a lovely garnish for almost any vegetable, particularly plain green beans. They add an earthy flavor, too.**

MAKES 8 SERVINGS

- **½ pound medium-size mushrooms**
- **1½ pounds small green beans, ends trimmed and any strings removed**
- **3 tablespoons butter or margarine**
- **1 clove garlic, finely chopped**
- **¼ teaspoon salt**
- **⅛ teaspoon ground black pepper**

*Continued on page 161*

Pg 161

## HOLIDAY DINNER

*Continued from page 158*

1. To flute each mushroom, using sharp paring knife, make a ¼-inch-deep curved cut from the center of the mushroom cap to the edge. Make a second cut about ⅛-inch behind the first cut, slanting knife toward the first cut and lifting out the narrow sliver of mushroom. Reserve mushroom slivers. Repeat, making 5 to 7 evenly spaced curved cuts around the mushroom cap.
2. In 5-quart Dutch oven, heat 3 inches water to boiling. Add green beans and cook until just tender-crisp—4 to 10 minutes depending on bean size and tenderness desired. Drain in colander and rinse with cold water to stop further cooking.
3. In same Dutch oven, melt 2 tablespoons butter over medium heat. Add fluted mushrooms; sauté just until tender and browned. Remove to bowl; set aside and keep warm. Add remaining 1 tablespoon butter, the garlic, and reserved mushroom slivers to Dutch oven; cook, stirring frequently, just until mixture begins to brown. Stir in beans, salt, and pepper; heat through. Transfer bean mixture to serving plate; top with fluted mushrooms. Serve immediately.

Nutritional information per serving—**protein:** 2 grams; **fat:** 5 grams; **carbohydrate:** 8 grams; **fiber:** 2 grams; **sodium:** 109 milligrams; **cholesterol:** 12 milligrams; **calories:** 72.

## FESTIVE DESSERTS

*Continued from page 151*

heat until bubbles form around edge of pan; cool slightly. Stir in maple syrup, eggs, bourbon, and vanilla. Cook over low heat, stirring constantly, until thickened. (Do not allow mixture to boil.) Strain custard into small bowl and cool slightly; cover and refrigerate until ready to serve.
5. Prepare Cranberry Sauce: In 1-quart saucepan, combine cranberries, sugar, and water. Heat to boiling, stirring occasionally. Cook until most of berries have popped and mixture is saucy. Let cool to room temperature. Refrigerate sauce until ready to serve.
6. Just before serving, in pie plate, stir together eggs and cinnamon. Cut bread pudding into 12 slices. In large skillet, melt 1 teaspoon butter over medium heat. Dip 3 slices bread pudding in egg batter and fry until golden and hot through—about 3 minutes on each side. Repeat until all slices are fried.
7. To serve, spoon some custard onto dessert plates. Place a bread slice on custard, and top with some Cranberry Sauce. If desired, sprinkle with confectioners' sugar. Serve immediately.

Nutritional information per serving—**protein:** 13 grams; **fat:** 27 grams; **carbohydrate:** 50 grams; **fiber:** 3 grams; **sodium:** 316 milligrams; **cholesterol:** 253 milligrams; **calories:** 483.

## *Brennan's Bananas Foster*

Shown on page 150

**Bananas Foster was created at Brennan's in New Orleans in the early 1950s and has been the restaurant's most popular dessert ever since. Executive chef Michael Roussel and his staff have prepared this flaming creation all over the world. Our staff particularly liked the way the warm butterscotch and bananas melt into the ice cream to make a mouth-watering, spoon-dripping, clean-your-plate dessert.**

MAKES 4 SERVINGS

- **12 small scoops vanilla ice cream**
- **¼ cup (½ stick) butter**
- **1 cup firmly packed light-brown sugar**
- **¼ cup banana liqueur**
- **½ teaspoon ground cinnamon**
- **4 ripe bananas, cut in half lengthwise, then crosswise**
- **¼ cup rum**

1. Place 3 scoops ice cream on each of 4 heatproof dessert plates. Keep frozen until ready to serve.
2. In medium-size skillet, melt butter over medim heat. Stir in sugar, banana liqueur, and cinnamon. Cook, stirring occasionally, until sugar dissolves.
3. Add bananas to sugar mixture in skillet; sauté until bananas are softened and slightly browned.

*Continued on page 162*

FOR REALLY MEMORABLE STUFFING... FORGET THE BUTTER!
SWANSON
PEPPERIDGE FARM
Swanson® Bye Bye Butter Stuffing
Prep Time: 10 min.
Cook Time: 15 min.
1 can (14 1/2 oz.) Swanson® Chicken Broth
Generous dash pepper
1 stalk celery, coarsely chopped
1 small onion, coarsely chopped
4 cups Pepperidge Farm® Herb Seasoned Stuffing
1. In saucepan mix broth, pepper, celery and onion. Over high heat, heat to a boil. Cover and cook over low heat 5 min. or until vegetables are tender.
2. Add stuffing. Mix lightly. Serves 5.
STUFFING
80616
14100 15125
SWANSON
Chicken Broth
06145
STAPLES

Pg 162

# FESTIVE DESSERTS

*Continued from page 161*

4. Pour rum into skillet; cook until you can see vapors rise (do not overheat or rum will evaporate). Tip pan slightly so flame from burner ignites rum or ignite with match. When flames subside, place 4 banana slices over scoops of ice cream on each dessert plate, then ladle hot sauce over top. Serve immediately.

Nutritional information per serving—**protein:** 6 grams; **fat:** 26 grams; **carbohydrate:** 119 grams; **fiber:** 2 grams; **sodium:** 239 milligrams; **cholesterol:** 90 milligrams; **calories:** 775.

## *Capsouto Frères Poached Pears*

Shown on page 149

**Located in the 1891 Landmark Building in New York's TriBeCa, Capsouto Frères is well worth the trip downtown. Chef Charles Tutino prepares a creative array of French country specialties with the very best of American ingredients.**

MAKES 4 SERVINGS

**Cinnamon-Butterscotch Ice Cream:**

- **1 tablespoon butter**
- **¼ cup firmly packed light-brown sugar**
- **⅛ teaspoon ground cinnamon**
- **⅛ teaspoon salt**
- **2 tablespoons heavy cream**
- **1 teaspoon Scotch whisky**
- **1 cup vanilla ice cream, softened**

**Pears:**

- **4 cups water**
- **2 cups granulated sugar**
- **¼ cup lemon juice**
- **1 teaspoon vanilla extract**
- **4 large, firm pears or quince**
- **¼ cup heavy cream**

**Crème Anglaise:**

- **⅓ cup milk**
- **⅓ cup heavy cream**
- **½ vanilla bean, cut in half lengthwise**
- **3 tablespoons granulated sugar**
- **1 large egg yolk**

**Fresh mint sprigs (optional)**

1. The day before serving, prepare Cinnamon-Butterscotch Ice Cream: In 1-quart saucepan, melt butter over low heat. Stir in brown sugar, cinnamon, and salt. Cook, stirring occasionally, until sugar dissolves. Add heavy cream and cook, stirring, until mixture thickens. Stir in Scotch and cook, stirring, about 1 minute. Remove cinnamon-butterscotch mixture from heat and let cool slightly. Fold cooled mixture into softened ice cream. Return ice cream to freezer until ready to serve. (Cinnamon-butterscotch mixture may sink to the bottom; just before serving, stir to mix.)
2. Several hours before serving, prepare Pears: In 4-quart saucepan, heat water, sugar, lemon juice, and vanilla to boiling. Peel pears; cut off tops, leaving stems intact. Core pears, making sure not to cut through bottom; add pears and tops to boiling sugar syrup. Poach pears over low heat until tender—about 20 minutes. With slotted spoon, remove pears from syrup to bowl; cool. To make caramel sauce, continue cooking poaching syrup over medium heat until reduced to caramel-colored syrup that measures 1 cup—about 50 minutes. Let syrup cool slightly and stir in heavy cream. Refrigerate caramel sauce until ready to serve.
3. Prepare Crème Anglaise: In 1-quart saucepan, combine milk, cream, and vanilla bean; cook over medium heat just until bubbles form around edge of pan. Remove from heat. Remove vanilla bean; wash and reserve for another use.
4. In medium-size bowl, beat together sugar and egg yolk. Gradually pour milk mixture into yolk mixture, stirring constantly. Pour mixture back into saucepan. Cook over low heat, stirring constantly, until thickened; cool slightly.
5. To serve, spoon caramel sauce onto outer edge of dessert plates to make a ½-inch-wide ring. Spoon Crème Anglaise onto plates inside caramel ring to make a ½-inch-wide ring. Repeat to make another

LIPTON SOUP WILL GET

Pg 163
cont. fr. Pg 162

ring of caramel sauce and Crème Anglaise. Starting at the center of the plates and going toward the edge, pull a toothpick through sauces to form lines dividing sauces into quarters. Starting from the edge and going toward the center, pull additional lines in opposite direction between each pair of the first lines.

6. Stuff pears with ice cream and replace pear tops. Place pears in center of sauces on dessert plates and brush with some of caramel sauce. Garnish with mint leaves, if desired. Pass remaining caramel sauce.

Nutritional information per serving—**protein:** 4 grams; **fat:** 25 grams; **carbohydrate:** 157 grams; **fiber:** 5 grams; **sodium:** 157 milligrams; **cholesterol:** 135 milligrams; **calories:** 839.

## *Charleston Truffle Tart*

Shown on page 147

**In Hudson, N.Y., Charleston features the fresh produce abundant in the Hudson Valley area and boasts its own herb and vegetable gardens. Co-owners Carole Clark and John Manikowski have found this dessert a perennial favorite of chocolate lovers.**

MAKES 8 SERVINGS

**Pastry Shell:**

- ½ cup (1 stick) unsalted butter, chilled
- ¼ cup sugar
- ¼ teaspoon salt
- 1 large egg
- 1 tablespoon vanilla extract
- 1¼ cups unsifted all-purpose flour
- ¼ cup unsweetened cocoa powder
- 1 tablespoon grated orange rind

**Tart Filling:**

- 1 cup (2 sticks) unsalted butter
- 2 tablespoons orange juice
- 2 tablespoons strong black coffee
- 4 1-ounce squares semisweet chocolate
- 5 1-ounce squares unsweetened chocolate
- 1 cup sugar
- 3 large egg yolks
- 1½ tablespoons Grand Marnier
- ½ cup heavy cream

**Candied orange peel (optional)**
**Decorative green leaves (optional)**

1. Prepare Pastry Shell: Heat oven to 400°F. In food processor, with chopping blade, process butter, sugar, and salt until coarsely combined. Add egg and vanilla; process until mixture is blended. Add flour, cocoa, and orange rind. Process until well combined. (Dough will be soft.)

2. Pat dough into a 9-inch fluted tart pan with removable bottom. Pierce shell all over with fork. Line shell with aluminum foil and fill with pie weights or uncooked dried beans. Bake 10 minutes. Remove aluminum foil and weights; bake shell 5 minutes longer.

3. Prepare Tart Filling: In 1-quart saucepan, heat butter, orange juice, and coffee to boiling over medium heat. In clean container of food processor with chopping blade, process both types of chocolate and sugar until texture is very fine. While processor is running, pour in hot butter mixture until chocolate is melted and mixture is smooth. Add yolks and Grand Marnier; process until thick and smooth. Cool to room temperature.

4. Reserve and refrigerate ½ cup filling. Pour half of remaining filling into tart shell. In medium-size bowl, with electric mixer, beat cream until stiff peaks form; fold into remaining half of tart filling. Spread evenly over filling in tart. Refrigerate tart.

5. When reserved ½ cup filling is stiff enough to pipe, spoon into pastry bag fitted with decorative shell tip; pipe border around tart. Refrigerate tart until well chilled. Garnish with candied orange peel and leaves, if desired, and serve. Store any leftover tart in refrigerator.

Nutritional information per serving—**protein:** 7 grams; **fat:** 54 grams; **carbohydrate:** 67 grams; **fiber:** 2 grams; **sodium:** 93 milligrams; **cholesterol:** 218 milligrams; **calories:** 755.

*Continued on page 164*

YOU A GORGEOUS HUNK.

SOUPED UP POT ROAST
3-3½ lb. pot roast (rump, chuck or round), 1 envelope Lipton® Onion, Beefy Onion, Beefy Mushroom, or Onion-Mushroom Soup Mix, 2¼ c. water

In Dutch oven, brown roast over medium heat. Add soup mix blended with water. Simmer covered, turning occasionally, 2½ hrs. or until tender. Thicken gravy. Serves 6. MICROWAVE: In 3-qt. casserole, blend soup mix with 1¼ c. water. Microwave at HIGH 5 min. Add roast; microwave uncovered 10 min., turning once. Microwave covered at DEFROST, turning occasionally, 50 min. or until tender. Let stand 10 min.

Soup it up with Lipton.

Pg 164

## FESTIVE DESSERTS

*Continued from page 163*

### *The Inn at Fordhook Farm Blueberry Gingerbread*

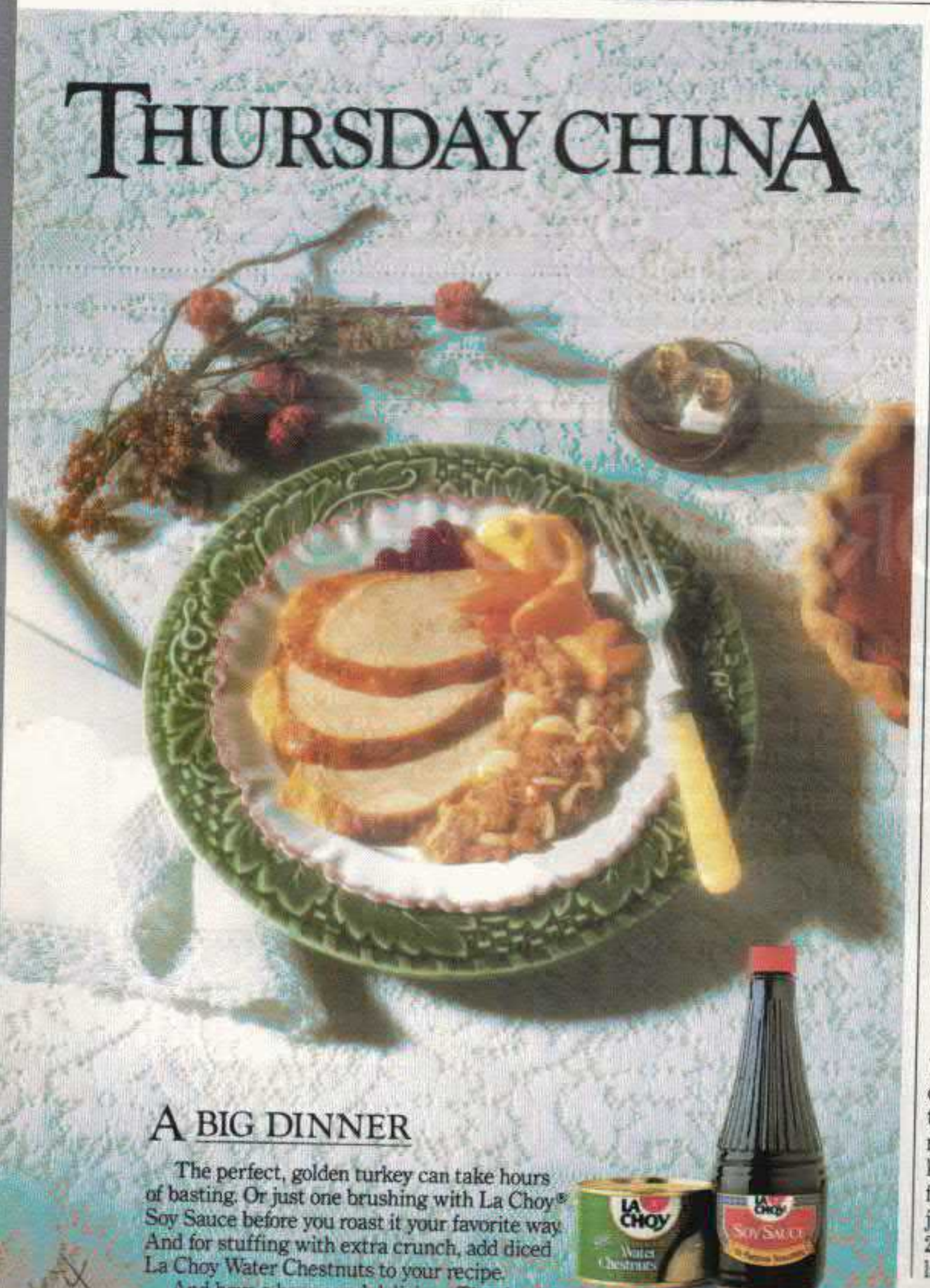
**A bed-and-breakfast situated on 62 acres in Bucks County, Pa., The Inn at Fordhook Farm serves old-fashioned farm breakfasts and afternoon tea to its guests. Innkeeper Laurel Raymond incorporated the farm's wild blueberries into an old family gingerbread recipe to serve at teatime.**

MAKES 9 SERVINGS

- **1 cup milk**
- **1 teaspoon vinegar**
- **1 cup sugar**
- **½ cup (1 stick) butter or margarine, softened**
- **1 large egg**
- **2 cups unsifted all-purpose flour**
- **1 teaspoon ground cinnamon**
- **½ teaspoon ground ginger**
- **½ teaspoon salt**
- **1 teaspoon baking soda**
- **3 tablespoons molasses**
- **1 cup blueberries**

1. Heat oven to 350°F. Grease 9-inch-square baking pan. In cup or small bowl, stir together milk and vinegar. Set aside 5 minutes or until milk curdles slightly.
2. Reserve 1 tablespoon sugar. In medium-size bowl, with electric mixer, beat together remaining sugar, the butter, and egg until fluffy. On waxed paper, sift together flour, cinnamon, ginger, and salt.
3. Stir baking soda into milk mixture; then stir into butter mixture alternately with flour mixture until well combined. Fold in molasses and blueberries. Pour batter into greased pan.
4. Bake gingerbread 50 minutes or until center springs back when gently pressed with fingertip. Cool in pan on wire rack 10 minutes. Remove from pan; cool completely. To serve, sprinkle with reserved 1 tablespoon sugar and cut into squares.

Nutritional information per serving—**protein:** 5 grams; **fat:** 12 grams; **carbohydrate:** 52 grams; **fiber:** 1 gram; **sodium:** 325 milligrams; **cholesterol:** 54 milligrams; **calories:** 332.



THURSDAY CHINA
A BIG DINNER
The perfect, golden turkey can take hours of basting. Or just one brushing with La Choy® Soy Sauce before you roast it your favorite way. And for stuffing with extra crunch, add diced La Choy Water Chestnuts to your recipe.
And have a happy and delicious Thanksgiving.
LA CHOY
Water Chestnuts
LA CHOY
Soy Sauce


### *Mr. B's Apple-Rhubarb Pie*

**In New Orleans, La., Mr. B's is much like a French bistro, yet its menu is influenced by the area's Creole cuisine and the availability of fresh regional products. Chef Gerard Maras gets back to basics with desserts such as fruit pies and cobblers. Mr. B's serves lunch and dinner daily and offers a jazz brunch from 11 A.M. to 3 P.M. on Sunday.**

MAKES 8 SERVINGS

Crust:

- **2 cups unsifted all-purpose flour**
- **2 tablespoons sugar**
- **¼ teaspoon salt**
- **½ cup (1 stick) butter or margarine, cut into pieces**
- **6 to 8 tablespoons ice water**

Filling:

- **1 pound Granny Smith apples, peeled and cut into large chunks (2½ cups)**
- **1 pound rhubarb, peeled and cut into ½-inch pieces (2½ cups)**
- **1 cup sugar**
- **6 tablespoons all-purpose flour**
- **¼ cup lemon juice**
- **2 tablespoons honey**
- **¼ teaspoon ground nutmeg**
- **¼ teaspoon ground mace**
- **¼ teaspoon ground cinnamon**

Glaze:

- **1 large egg yolk**
- **2 tablespoons water**
- **1 tablespoon sugar**

**Vanilla ice cream (optional)**

1. Prepare Crust: In medium-size bowl, combine flour, sugar, and salt. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Sprinkle water, 1 tablespoon at a time, over flour mixture and stir lightly with a fork just until mixture forms a ball.
2. Divide pastry into 2 pieces, one slightly larger than the other. On lightly floured

Pg 165 cont. fr Pg 164

board, roll larger piece out to an 11-inch round. Line 9-inch pie plate with pastry.
3. Prepare Filling: In large bowl, combine apples, rhubarb, sugar, flour, lemon juice, honey, nutmeg, mace, and cinnamon. Pour mixture into pastry-lined pie plate.
4. Heat oven to 400°F. Roll out remaining pastry to a 10-inch round. Moisten edge of pastry in pie plate with water. Place 10-inch pastry round over filling. Pinch crusts together, fold rim under, and crimp edge. Cut several slits in top of crust to allow steam to escape.
5. Prepare Glaze: In cup or small bowl, stir together egg yolk and water. Brush on top pie crust; sprinkle with sugar.
6. Place pie on rimmed baking sheet. Bake 15 minutes; reduce oven temperature to 325°F and bake 30 minutes longer or until crust is golden and juices bubble up. Cool pie on wire rack to room temperature. Serve with scoops of vanilla ice cream, if desired.

Nutritional information per serving without scoops of ice cream—**protein:** 5 grams; **fat:** 13 grams; **carbohydrate:** 70 grams; **fiber:** 3 grams; **sodium:** 168 milligrams; **cholesterol:** 57 milligrams; **calories:** 406.

## *Zarela Chocolate-Mocha Pecan Cake*

**Pastry Chef Edward Bonuso told us this sensational chocolate cake gets rave reviews from patrons—and it certainly did from our staff! The cake is a seductive finale after a perfect Mexican meal created by chef-owner Zarela Martinez, whose food received the People's Choice award for New York's best Mexican restaurant in the *1989 Zagat New York City Restaurant Survey*.**

MAKES 12 SERVINGS

**Cake:**

- **2 cups fresh white bread crumbs, (about 6 to 8 slices with crusts removed)**
- **6 ounces pecans (1 cup), finely ground**
- **1 cup granulated sugar**
- **1 tablespoon ground cinnamon**
- **3 1-ounce squares semisweet chocolate, coarsely chopped**
- **3 1-ounce squares unsweetened chocolate, coarsely chopped**
- **½ cup safflower oil (do not substitute)**
- **6 large eggs, separated, at room temperature**

**Icing:**

- **⅓ cup cold water**
- **2 tablespoons instant coffee**
- **1 cup (2 sticks) unsalted butter, softened**
- **2 large egg yolks**
- **2 cups confectioners' sugar**
- **¼ cup Kahlúa (optional)**

**Glaze:**

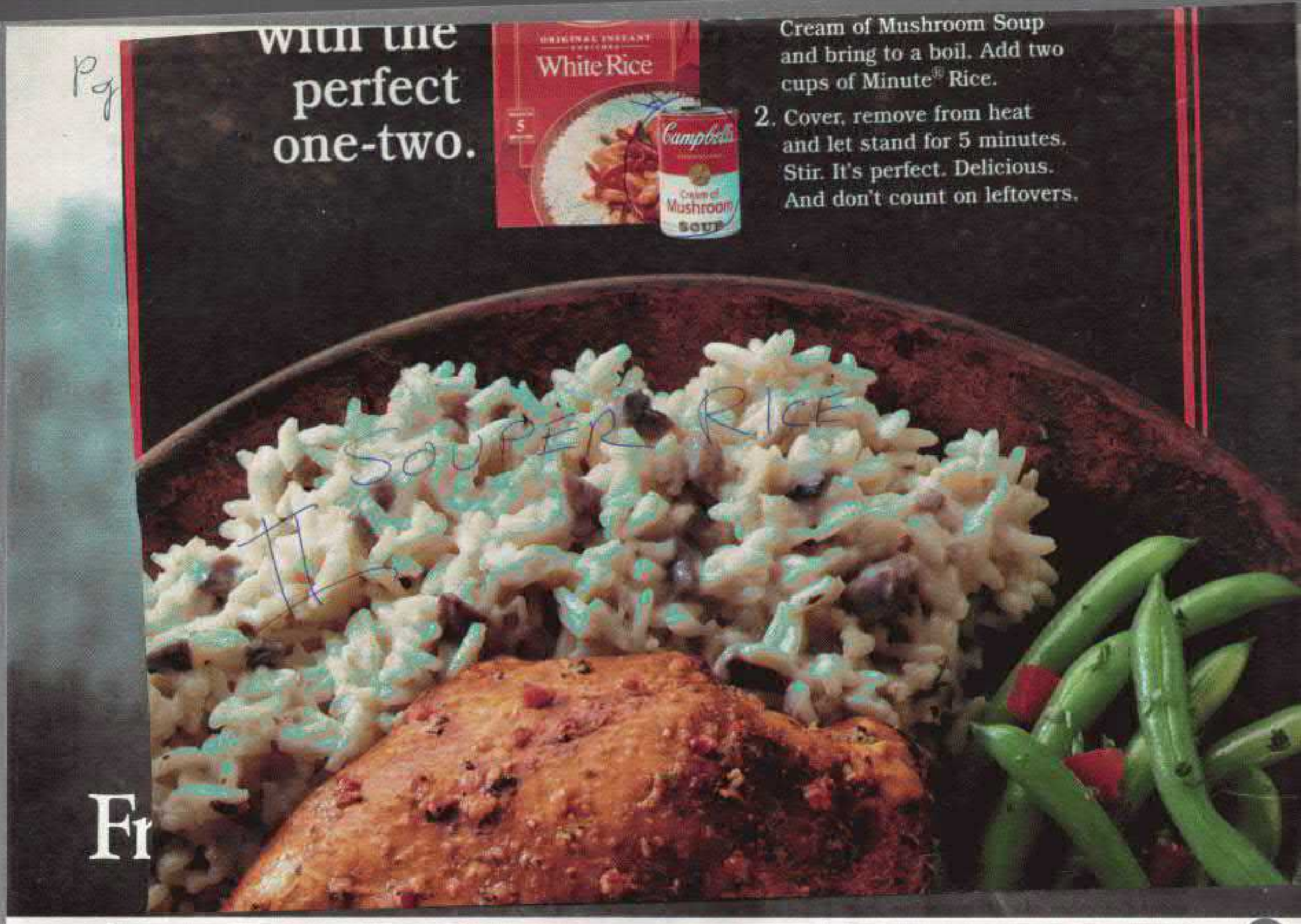
- **6 1-ounce squares semisweet chocolate, coarsely chopped**
- **6 1-ounce squares unsweetened chocolate, coarsely chopped**
- **¾ cup (1½ sticks) unsalted butter**
- **1½ tablespoons light corn syrup**
- **12 strawberries with stems if possible**
- **Cinnamon whipped cream (optional)**
- **Toasted pecans, chopped (optional)**

1. Several hours or day ahead, prepare Cake: Heat oven to 350°F. Grease and flour 9-inch springform pan. On waxed paper, combine bread crumbs, pecans, ¼ cup granulated sugar, and the cinnamon.
2. In 2-quart saucepan, melt both types of chocolate with oil over low heat, stirring occasionally; set aside. In large bowl, with electric mixer, beat egg yolks and ½ cup of the remaining sugar until light and lemon colored. With mixer at low speed, slowly beat in chocolate mixture; fold in bread-crumb mixture.
3. In medium-size bowl, with clean beaters, beat egg whites until frothy; slowly beat in remaining ¼ cup sugar and continue to beat until stiff peaks form. Stir ⅛ of egg whites into chocolate mixture until well combined; gently fold in remaining egg whites. Pour chocolate batter into prepared springform pan and bake 40 to 45 minutes, or until cake tester inserted in center comes out clean. Cool in pan on wire

*Continued on page 166*



FRIDAY CHINA
A LITTLE LUNCH
LEFTOVER TURKEY SALAD ORIENTAL
Dressing:
½ cup whole cranberry sauce or juice
⅓ cup oil
⅓ cup rice vinegar
¼ cup La Choy® Lite Soy Sauce
1 Tbsp. sugar
½ tsp. minced fresh ginger
Salad:
6 to 8 cups torn lettuce
2 cups sliced or shredded turkey
½ cup julienne red bell peppers
1 (8-oz.) can La Choy Sliced Water Chestnuts, drained
½ cup toasted, chopped walnuts
1 (3-oz.) can La Choy Chow Mein Noodles
1 (6-oz.) pkg. La Choy Frozen Snow Peas, thawed and drained
In medium bowl, whisk together dressing ingredients, chill.
LA CHOY
Snow Peas
Lite


with the
perfect
one-two.
White Rice
Campbell's
Cream of Mushroom
SOUP
Cream of Mushroom Soup and bring to a boil. Add two cups of Minute® Rice.
2. Cover, remove from heat and let stand for 5 minutes. Stir. It's perfect. Delicious. And don't count on leftovers.

## FESTIVE DESSERTS

*Continued from page 165*

rack 20 minutes. Remove cake from pan and cool completely on wire rack. Cover cake tightly with plastic wrap and refrigerate until well chilled—several hours or overnight.

4. When cake is cooled, prepare Icing: In small bowl, combine water and instant coffee. In large bowl, with electric mixer, beat butter and egg yolks until light and fluffy. Gradually beat confectioners' sugar into butter until blended; beat in coffee.

5. With serrated knife, cut cake in half horizontally. Remove top cake layer and set aside; place bottom onto 9-inch-cardboard cake round or 9-inch plate. Sprinkle cake with Kahlúa, if desired. Spread ½ of Icing onto bottom cake layer. Replace top and spread remaining Icing over top and side of cake evenly. Refrigerate until firm—about 1 hour.

6. Meanwhile, prepare Glaze: In 2-quart saucepan, melt chocolate and butter over low heat, stirring occasionally. Remove from heat and stir in corn syrup until smooth. Keep warm until ready to use.

7. When Icing is firm, line rimmed baking sheet with waxed paper. Place cake on wire rack and set rack on paper-lined baking sheet. Slowly pour Glaze over cake, tilting cake so top and side are covered. (Glaze can be scraped off waxed paper and reheated for later use.) Hold strawberries by their caps or stems if present and dip into remaining Glaze to within ½ inch from top of berry. Place strawberries on top of cake to garnish. Let Glaze harden and slice cake to serve. Garnish with cinnamon whipped cream and toasted pecans, if desired. Store leftover cake in refrigerator.

Nutritional information per serving—**protein:** 9 grams; **fat:** 64 grams; **carbohydrate:** 69 grams; **fiber:** 3 grams; **sodium:** 83 milligrams; **cholesterol:** 211 milligrams; **calories:** 851.

### *Griswold Inn Chocolate-Pecan Pie*

**The Colonial spirit awaits when you visit the historic Griswold Inn in Essex, Conn. A prized collection of nautical paintings, drawings, and antique posters decorates walls, while special holiday fare includes the annual Classic Game Menu served in November and December. The menu is always seasonal, offering many hearty American delights, such as this Chocolate-Pecan Pie that has long been a favorite with visitors.**

MAKES 10 SERVINGS

- **1 6-ounce package semisweet chocolate chips**
- **1 baked 9-inch pie shell**
- **1½ cups pecans**
- **¼ cup (½ stick) butter**
- **½ cup light corn syrup**
- **½ cup sugar**
- **2 large eggs, lightly beaten**

1. Heat oven to 325°F. Place chocolate chips in bottom of pie shell; top with an even layer of pecans.
2. In 1-quart saucepan, melt butter over medium heat. Remove from heat and cool slightly—about 2 minutes.
3. Stir corn syrup, sugar, and eggs into melted butter. Pour over pecans and chocolate chips, making sure to cover pecans with sugar mixture so they do not burn.
4. Bake pie 45 minutes or until firm. Cool slightly on wire rack; serve warm so chocolate chips are soft.

Nutritional information per serving—**protein:** 4 grams; **fat:** 29 grams; **carbohydrate:** 43 grams; **fiber:** 2 grams; **sodium:** 172 milligrams; **cholesterol:** 54 milligrams; **calories:** 424.

### *Windows Whipped-Cream Pound Cake*

**In Urbanna, Va., chef Jimmy Sneed of Windows on Urbanna Creek, serves this delectable Pound Cake (his mom's recipe) with ice cream or whipped cream and fresh berries. Windows is well known for Tidewater Virginia specialties, ranging from newly shed soft-shell crabs to locally grown vegetables harvested daily.**

Pg 167 Cont. fr. Pg 166

MAKES 12 SERVINGS

- **1 cup (2 sticks) butter, softened**
- **3 cups sugar**
- **6 large eggs**
- **3 cups unsifted all-purpose flour**
- **1 cup (½ pint) heavy cream**
- **1 teaspoon vanilla extract**

1. Grease and flour 10-inch Bundt pan. In large bowl, with electric mixer, beat butter until fluffy. Add sugar and beat until well combined. Add eggs, one at a time, beating after each addition.
2. Stir flour into butter mixture alternately with cream, beating well after each addition. Beat in vanilla.
3. Pour batter into prepared pan and set in cold oven. Heat oven to 325°F and bake cake 75 minutes or until light golden brown. Cool cake in pan on wire rack 10 minutes. Remove cake from pan and cool completely on wire rack.

Nutritional information per serving—**protein:** 7 grams; **fat:** 26 grams; **carbohydrate:** 74 grams; **fiber:** 1 gram; **sodium:** 172 milligrams; **cholesterol:** 173 milligrams; **calories:** 547.

## *Gena's Sweet-Potato Pie*

**Although just 23 years old, Mark Cain, head chef at Gena's, has been cooking half his lifetime. The youngest student to attend the Culinary Institute of America at Hyde Park, N.Y., Cain has created exciting menus at several other restaurants before Gena's, a New York bistro. This Sweet-Potato Pie, similar to one created in his mother's kitchen, is a classic country dessert you won't forget.**

MAKES 8 SERVINGS

- **2 medium-size (1¼ pounds) sweet potatoes**
- **Single Piecrust (recipe follows)**
- **½ cup granulated sugar**
- **¼ cup firmly packed light-brown sugar**
- **½ cup heavy cream**
- **2 large eggs**
- **½ cup pineapple juice**
- **2 tablespoons rum**
- **1 teaspoon ground cinnamon**
- **1 teaspoon ground nutmeg**
- **½ teaspoon ground ginger**
- **½ teaspoon salt**
- **⅛ teaspoon ground cloves**
- **⅛ teaspoon ground allspice**

1. Several hours or day ahead, bake sweet potatoes: Heat oven to 425°F. Wash and dry sweet potatoes; pierce with fork several times. Bake until tender—about 1 hour. Cool sweet potatoes; scrape pulp from skin into small bowl (there should be 1½ cups); discard skin. Refrigerate sweet potatoes until ready to use.
2. Prepare Single Piecrust. On floured surface, roll out pastry to 11-inch round. Fit into 9-inch pie plate; fold rim under and crimp decoratively. Set piecrust aside.
3. Heat oven to 450°F. In large bowl, with electric mixer, beat together sweet potatoes, granulated sugar, brown sugar, and cream until well combined. Add eggs, one at a time, beating after each addition.
4. Add pineapple juice, rum, cinnamon, nutmeg, ginger, salt, cloves, and allspice to potato mixture, beating until well combined. Pour sweet-potato mixture into piecrust and bake on rimmed baking sheet 10 minutes. Reduce oven temperature to 300°F and bake 45 minutes longer or until center is set. Cool pie on wire rack to room temperature; refrigerate until ready to serve. Store leftover pie in refrigerator.

**Single Piecrust:** In medium-size bowl, combine **1½ cups unsifted all-purpose flour, 3 tablespoons granulated sugar,** and **¼ teaspoon salt.** With pastry blender or 2 knives, cut in **½ cup chilled vegetable shortening** until mixture resembles coarse crumbs. Add **3 to 4 tablespoons ice water,** 1 tablespoon at a time, and stir lightly with fork just until mixture clings together and forms a ball.

Nutritional information per serving—**protein:** 5 grams; **fat:** 20 grams; **carbohydrate:** 57 grams; **fiber:** 2 grams; **sodium:** 257 milligrams; **cholesterol:** 72 milligrams; **calories:** 432.

*Continued on page 168*

We don't know why it's called chili sauce, either.

What's in a name?

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That's our Heinz Chili Sauce.

Call it what you will. You'll make a name for yourself with every meal you make.

**Fiesta Meat Loaf**

½ c. chopped onion
½ c. chopped celery
¼ c. chopped green pepper
2 tablespoons butter or margarine
1 bottle Heinz Chili Sauce (12 oz)
1½ pounds lean ground beef
1 c. soft bread crumbs
1 egg, slightly beaten
½ teaspoon salt
⅛ teaspoon pepper

Sauté onion, celery and green pepper in butter until vegetables are tender. Stir in chili sauce. Combine ½ cup this mixture with ground beef, bread crumbs, egg, salt and pepper. Form into a loaf (8" x 4" x 1½") in shallow baking pan. Bake in 350°F oven, 1 hour. Let stand 5 minutes before slicing. Serve remaining sauce, cold or heated, over meat loaf. Makes 6 servings.

For your FREE Heinz Chili Sauce recipe Booklet, just write: Heinz U.S.A., P.O. Box 1153, Boston, MA 02277-1153

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# FESTIVE DESSERTS

*Continued from page 167*

## *Goodfellow's Peanut-Butter-and-Banana Fritters*

**In Minneapolis, Minn., casual yet elegant Goodfellow's has translated the regional cooking of America's heartland into colorful and palate-pleasing fare for the '80s. Executive Chef Tim Anderson serves these Banana Fritters for dessert along with fresh fruit or as an accompaniment to grilled fish.**

MAKES 30 FRITTERS

- **Vegetable oil for frying**
- **1½ cups unsifted all-purpose flour**
- **¼ cup granulated sugar**
- **1½ teaspoons baking soda**
- **½ teaspoon salt**
- **1 cup (½ pint) half-and-half**
- **2 large eggs**
- **½ cup unsalted peanuts, chopped**
- **½ cup smooth peanut butter**
- **1 medium-size ripe banana, chopped**
- **Confectioners' sugar (optional)**

1. In 3-quart saucepan, heat 1 inch vegetable oil to 350°F.
2. In large bowl, combine flour, sugar, baking soda, and salt. Stir in half-and-half and eggs until batter is smooth. Fold in peanuts, peanut butter, and banana.
3. Drop fritter batter into hot oil, a tablespoon at a time. Fry fritters, turning occasionally, until golden brown—3 to 5 minutes. Drain well on paper towels. Sprinkle with confectioners' sugar, if desired, and serve warm.

Nutritional information per fritter—**protein:** 3 grams; **fat:** 5 grams; **carbohydrate:** 9 grams; **fiber:** 1 gram; **sodium:** 102 milligrams; **cholesterol:** 17 milligrams; **calories:** 91.

## *Prunelle Omelette à l'Orange*

**In a setting similar to a 1930s luxury liner, Prunelle provides a dining experience reminiscent of less hurried times. Proprietor Jacky Ruette and chef Pascal Dirringer insist that everything served is prepared from scratch in the restaurant's kitchen. Desserts reflect the chef's Alsatian heritage.**

MAKES 4 SERVINGS

- **4 seedless oranges, peeled and cut into sections**
- **½ cup Grand Marnier**
- **8 large eggs**
- **¼ cup granulated sugar**
- **4 teaspoons butter**
- **4 teaspoons confectioners' sugar**

1. Early in day or day before serving, marinate oranges: In 2-quart glass bowl, toss orange sections with ¼ cup Grand Marnier; cover and refrigerate.
2. Just before serving, in large bowl, beat together eggs, granulated sugar, and marinated orange sections with their liquid until well combined.
3. Heat broiler. In omelet pan or small skillet, melt 1 teaspoon butter over medium heat. Pour in about 1 cup egg mixture and stir gently with fork just until mixture begins to coagulate. Continue cooking omelet until top is just moist. Fold in half and turn out onto heatproof serving dish. Cover with aluminum foil. Repeat to make 3 more omelets.
4. Sprinkle 1 teaspoon confectioners' sugar over each omelet. Broil omelets 4 inches from heat about 2 minutes or until sugar melts and browns slightly.

*Continued on page 170*

Pg 171 cont fr Pg 170 Below

1. Heat oven to 350°F. In medium-size skillet, melt butter over medium heat. Sauté cubed mangoes 2 minutes. Stir in raw sugar and Cognac and sauté until mangoes are soft. Set aside to cool.
2. Stir lime juice and macadamia nuts into cooled mango mixture. Pour into 9-inch-square baking pan.
3. In large bowl, with electric mixer, beat together yolks and eggs until they begin to thicken. In 1-quart saucepan, stir together milk and granulated sugar. Cook over low heat just until bubbles form around edge of pan. Remove from heat.
4. Gradually beat scalded milk mixture into eggs. Pour egg-milk mixture over sautéed mangoes in baking pan. Cover pan with aluminum foil and place in roasting pan. Pour boiling water into roasting pan to come halfway up side of baking pan. Bake custard about 25 minutes or until firm. Cool to room temperature and refrigerate until chilled.
5. Meanwhile, in blender or food processor, puree raspberries. Strain puree into small bowl and discard seeds. Refrigerate puree until ready to serve.
6. To serve, cut chilled custard into 9 squares. Place on serving plates and pour some raspberry puree around each square. Store leftover custard in refrigerator.

**Note:** Raw sugar is a coarse, amber-colored sugar made from sugarcane. It is processed less than granulated sugar and so retains some of the molasses flavor usually lost during the refining process. Maui Brand Premium Raw Sugar is available by mail in gift packs of six 1-pound jars for $19.95 or three 2-pound jars for $17.95. Write to Hawaiian Commercial & Sugar Co., P.O. Box 266, Puunene, Maui, Hawaii 96784, or call (800) 367-8047.

Nutritional information per serving—**protein:** 10 grams; **fat:** 16 grams; **carbohydrate:** 33 grams; **fiber:** 4 grams; **sodium:** 97 milligrams; **cholesterol:** 340 milligrams; **calories:** 315.

### *Mrs. J's Sacred Cow White Chocolate Mousse*

**Mrs. J's Sacred Cow, a landmark on New York's Upper West Side, was established as a steak house just after the Second World War. During that time, its unusual name was a household word (FDR's private airplane was named the "Sacred Cow"). The restaurant's interior recently got a new lighter look and generations of its singing waiters and waitresses have gone on to Broadway success, but Mrs. Ruth Jeffries is still there every night making sure the regional American fare is turned out to perfection and guests feel they are part of the festivities.**

MAKES 12 HALF-CUP SERVINGS

- **5 large eggs**
- **⅓ cup water**
- **⅓ cup almond-flavored liqueur**
- **4 ounces white chocolate, melted and cooled slightly**
- **1 cup (½ pint) heavy cream**

1. Separate eggs, placing whites in medium-size bowl and yolks in heavy 2-quart saucepan. With wire whisk, beat yolks until frothy; gradually beat in water and liqueur.
2. Over low heat, cook yolk mixture, stirring constantly, until thickened enough to coat the back of a metal spoon. (Do not allow to boil.)
3. Beat melted chocolate into yolk mixture; pour into large bowl. Cover mixture and refrigerate 30 minutes or until at room temperature.
4. Meanwhile, with electric mixer, beat egg whites until stiff peaks form. In small bowl with same beaters, beat cream until stiff peaks form.
5. With wire whisk, gently fold one third of beaten egg whites into white-chocolate mixture. Fold whipped cream and remaining beaten whites into mixture to make the mousse.
6. Spoon mousse into a 2-quart serving bowl or into twelve 4-ounce souffle dishes. Cover and refrigerate several hours or overnight—until well chilled.

Nutritional information per serving—**protein:** 4 grams; **fat:** 13 grams; **carbohydrate:** 10 grams; **fiber:** .26 gram; **sodium:** 44 milligrams; **cholesterol:** 116 milligrams; **calories:** 173.

Pg 140

## FESTIVE DESSERTS

*Continued from page 168*

5. In small saucepan, warm remaining Grand Marnier; pour 1 tablespoon over each omelet and ignite with a match. Serve immediately.

Nutritional information per serving—**protein:** 14 grams; **fat:** 14 grams; **carbohydrate:** 37 grams; **fiber:** 2 grams; **sodium:** 168 milligrams; **cholesterol:** 426 milligrams; **calories:** 349.

### *Highlands Jack Daniel's Chocolate Ice Cream*

**Chef Frank Stitt of Highlands, in Birmingham, Ala., creatively uses regional products to make the restaurant's light American cuisine. Highlands has the comfortable elegance of a fine dining room at home. A real crowd pleaser, Jack Daniel's Chocolate Ice Cream is usually served with buttery pecan cookies.**

MAKES 1 QUART

- **2 cups milk**
- **1 teaspoon vanilla extract**
- **6 large egg yolks**
- **⅔ cup sugar**
- **2 2.8-ounce bars dark chocolate**
- **½ cup Jack Daniel's whiskey**
- **1 cup (½ pint) heavy cream**

1. In 2-quart saucepan, heat milk and vanilla until bubbles form around edge of pan. Remove from heat; cover and let stand 20 minutes.
2. In medium-size bowl, with electric mixer, beat yolks and sugar until well combined. Slowly pour in milk mixture, beating constantly. Pour back into saucepan and cook until custard is slightly thickened and coats the back of a spoon. (Do not allow mixture to boil.) Strain custard into clean medium-size bowl and cool.
3. In 1-quart saucepan, melt chocolate and whiskey over low heat, stirring occasionally. Remove from heat. Stir chocolate mixture and cream into cooled custard; cover and cool slightly, then refrigerate several hours or until well chilled.
4. If using ice-cream maker, freeze custard mixture according to manufacturer's directions. (This may take longer than usual because of the alcohol content of the recipe.) If not using an ice-cream maker, pour custard mixture into 13- by 9-inch baking pan; cover and freeze 6 to 8 hours or until frozen. Remove ice cream from freezer; cut into 1-inch squares and let stand at room temperature 20 minutes or until slightly softened. Meanwhile, chill large bowl and beaters of electric mixer.
5. Place softened ice-cream squares in chilled bowl. Beat on low speed until squares are broken up, then beat on high speed until smooth and fluffy—about 1 minute. Pack chocolate ice cream into a container and freeze until ready to use.
6. To serve, scoop ice cream into bowls.

Nutritional information per ½ cup serving—**protein:** 6 grams; **fat:** 23 grams; **carbohydrate:** 30 grams; **fiber:** 1 gram; **sodium:** 49 milligrams; **cholesterol:** 205 milligrams; **calories:** 371.

### *Maui Prince Mango Custard*

**Roger Dikon, Executive Chef at Hawaii's Maui Prince Hotel, specializes in regional island cuisine. Combining the fresh local produce of Hawaii with traditional themes, Dikon creates exciting new specialties such as this mango custard, which he developed especially for *Country Living*.**

MAKES 9 SERVINGS

- **2 tablespoons unsalted butter**
- **3 mangoes (1¼ pounds), peeled and cubed**
- **2 tablespoons raw Hawaiian sugar (see Note) or granulated brown sugar**
- **2 tablespoons Cognac**
- **1 tablespoon fresh lime juice**
- **¼ cup coarsely chopped macadamia nuts**
- **8 large egg yolks**
- **6 large eggs**
- **2½ cups milk**
- **½ cup granulated sugar**
- **Boiling water**
- **½ pound fresh raspberries, or dry-pack frozen raspberries, thawed**

continue above

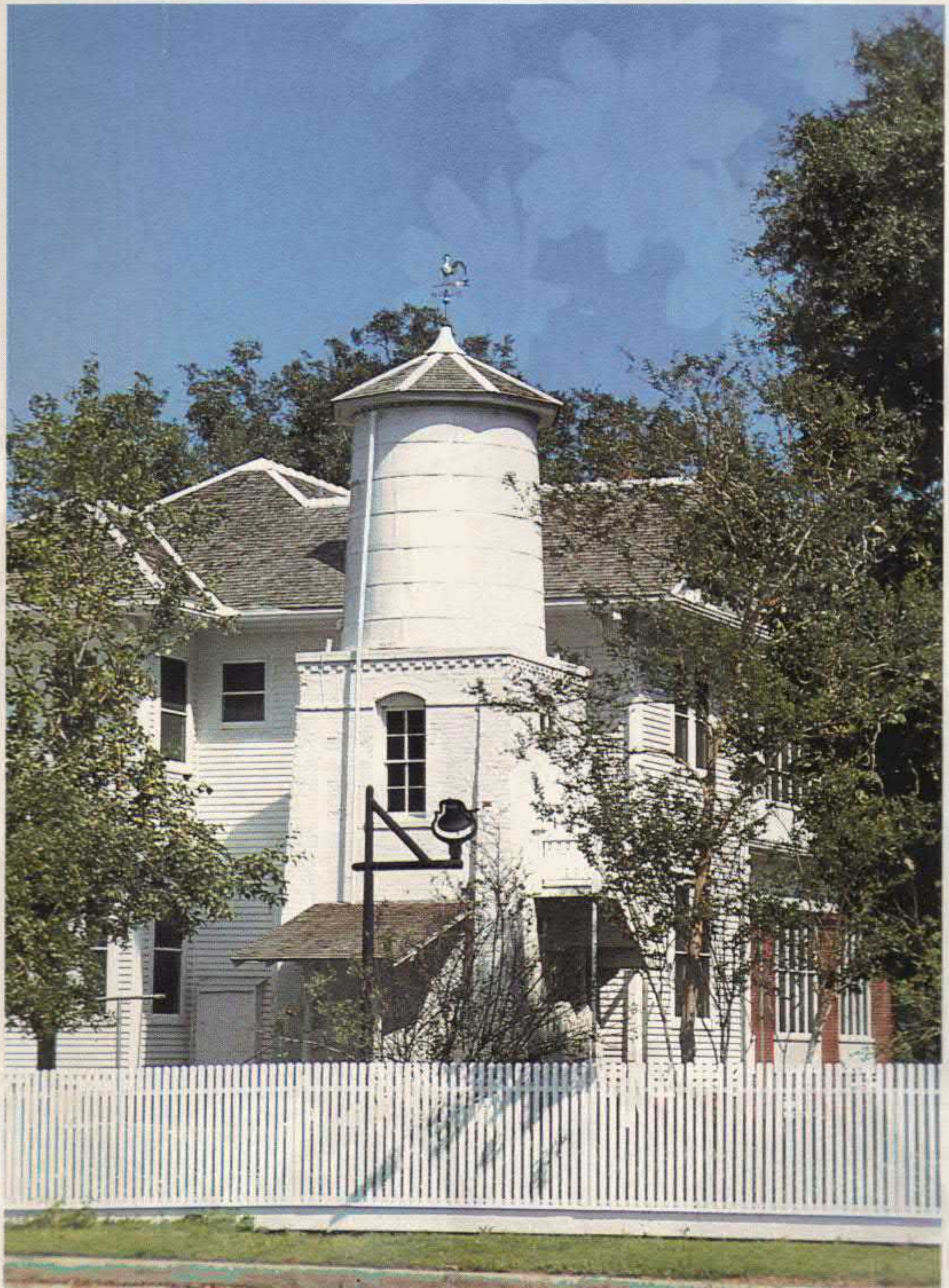
# When Jell-O® BRAND GELATIN and ice cream get together, delicious things happen.

**Rainbow Parfait.**
Dissolve 1 package (3 oz.) Jell-O® Apricot Flavor Gelatin in 1 cup boiling water. Set aside ½ cup. Blend 1 cup vanilla ice cream into remaining gelatin. Pour into 8 dessert glasses. Add 1 cup ice cubes to measured gelatin; stir until slightly thickened. Remove unmelted ice; spoon into glasses. Chill about 15 minutes. Repeat method as above, using 1 package (3 oz.) Jell-O® Lime Flavor Gelatin. Chill until set. Garnish if desired. Makes 8 servings.

Note: Any two flavors Jell-O® Gelatin may be used.

**Strawberry Supreme.**
Dissolve 1 package (3 oz.) Jell-O® Strawberry Flavor Gelatin in 1 cup boiling water. Add 1 package (10 oz.) Birds Eye® Quick Thaw Strawberries and stir until berries separate and gelatin is slightly thickened. Pour into 5-cup mold; chill until set but not firm. Meanwhile, dissolve 1 package (3 oz.) Jell-O® Strawberry Flavor Gelatin in 1 cup boiling water. Add 1½ cups vanilla ice cream by spoonfuls; stir until ice cream melts. Spoon into mold; chill until firm, about 4 hours. Unmold. Makes 8 servings.

**Orange Surprise.**
Cut 4 large oranges in half crosswise (in zigzag or scallop design, if desired). Remove fruit; separate and dice the sections. Dissolve 1 package (3 oz.) Jell-O® Orange Flavor Gelatin in 1 cup boiling water. Add 1 pint vanilla ice cream by spoonfuls; stir until ice cream melts. Fold in the orange sections. Chill until mixture will mound. Spoon into orange cups; chill until set, about 2 hours. Garnish with mint sprigs, if desired.



GAIL RICKETT

BUTTER.

PHOTOGRAPHS BY TODD BURGERMEISTER

# Just about Perfect

Plump, dark, and juicy, blueberries are the quintessential summer fruit. Their lush, sweet flavor transforms pies and pancakes, crisps and cobblers. They're great for munching too

by Margaret Woolfolk

Blueberry days—of sun-drenched fields, locusts strumming their hypnotic notes, and bushes heavy with plump, ripe blueberries—are the essence of summer. They are childhood excursions up a dusty lane to the hilly barrens along Quebec's Gaspé coast—the first step toward hot blueberry pies, puffy sugar-crusted muffins, pots of jam lined up on root-cellar shelves, and bowl after bowl of blueberries dressed simply in thick yellow cream. Tranquil and idyllic, the blueberry field irresistibly lures me and other berry lovers to an indulgent day of gathering and eating and some lighthearted "my-pail-is-fuller-than-yours" competition. Whether gathered wild along a country path or at a pick-your-own farm, summer-warm blueberries promise, as Henry David Thoreau noted in 1846, "a grateful repast" for the soul as well as for the appetite.

L. WEST/PG

***Wild or cultivated, blueberries make superb muffins; opposite are two types—buttermilk (in the pan) and maple syrup. Above, berries ripen in a Michigan field.***

As a fruit, blueberries are just about perfect. Brushed with a hint of silver frosting, the dark, jewel-like berries have a lush, sweet flavor unmarred by seeds. Ripening in clusters on user-friendly bushes with no thorns or brambles to snare eager pickers, blueberries all but tumble into harvest pails—deliciously juicy and quintessentially American.

Native to this continent, blueberries were a staple food of the American Indians long before the first settlers arrived here from Europe. In 1616, French explorer Samuel de Champlain recorded that he saw Huron tribesmen gather the fruit; "after drying the berries in the sun," he wrote, "the Indians beat them into a powder and added this powder to parched meal to make a dish called 'sautauthig.' " Two centuries later, Lewis and Clark found inhabitants of the Northwest Territory smoke-drying wild blueberries to preserve them for winter use in making soups and stews and even in curing venison.

Native Americans also valued the foraged berries for their medicinal powers. Medicine men concocted blueberry juices and syrups for "old coughs" and from the leaves brewed blueberry tea as a tonic to purify the blood. Another tea, made fragrant and strong from the roots, was such an effective muscle relaxant for women in childbirth that according to an 1813 medical text it was eventually adopted by early settlers' wives. Certain tribes even regarded the fruit with an almost mystical reverence. Noting that the calyx—the blossom end of each berry—is in the shape of a perfect five-point star, tribal elders told tales of how "the Great Spirit sent the 'star berries' down from the night of heaven to relieve the hunger of his children."

The colonists, newly arrived in this vast, strange land, quickly learned to appreciate and use blueberries, as well as other indigenous foods that Native Americans introduced to them. Similar in appearance to the bilberries, or whortleberries, they had known in Europe, wild blueberries must have been a welcome reminder of home. Recording his observations and experiences in the colonies in the volume entitled *New England Rarities*, published in 1672, naturalist John Josselyn wrote, "They usually eat of them put into a Bason, with Milk, and sweetned a little more with Sugar and Spice, or for cold Stomachs, in Sack. The Indians dry them in the Sun, and sell them to the English by the Bushell, who make use of them instead of Currence, putting of them into Puddens, both boyled and baked, and into Water Gruel."

Strangely enough, because blueberries were so common, eighteenth-century cookery books included no "receipts" for their use and did not even mention them. Written primarily for the privileged and well-to-do, the books reflected life in England rather than frontier dependence on available native foods. Using what they had at hand, Colonial cooks simply added blueberries to familiar dumpling-like dishes variously known as grunts, slumps, cobblers, and pandowdies throughout early New England.

Although wild blueberries were canned commercially as early as the Civil War and first sold to Union troops, not

*Summer-warm blueberries promise, as Thoreau noted in 1846, "a grateful repast" for the soul as well as the appetite.*

until the early twentieth century were attempts made to cultivate the fruit. Elizabeth White, a New Jersey woman who undoubtedly had a taste for blueberries as well as an interest in cultivating them, joined forces with Dr. Frederick V. Coville, a botanist with the Department of Agriculture who had already spent several years experimenting with blueberries. Ms. White offered prizes for plants bearing the largest fruit and supplied funding and acreage for a serious cultivation program until finally—from a possible sixty-eight thousand hybrids—she and Coville selected the six plants that became the foundation of the cultivated-blueberry industry.

Today, the cultivated plants—often growing to six feet or more—produce an abundance of berries that can be harvested either mechanically or manually. Larger and lighter in color than the fruit of the low wild blueberry bush, cultivated berries are the ones usually sold fresh in markets across the country. Many experienced bakers and gourmets, however, feel that the distinctive, slightly tart flavor of tiny wild berries simply cannot be matched. Cultivated blueberries are good, they will tell you, but wild blueberries are exquisite.

In Maine, wild blueberries are more than something good to eat: They are a tradition that spans the decades. Related to heather and mountain laurel, the plants really are wild and cannot easily be planted or transplanted. Instead, the shrubs and their hundreds of miles of root systems are managed and tended each year until finally, from late July to mid-September, the barrens and bogs ripen with fruit. Bending low over the plants to comb them with special blueberry rakes, thousands of Micmac Indians from Nova Scotia and New Brunswick join forces with scores of local schoolchildren to harvest the crop by hand, pro-

CONTINUED ON PAGE 61

*Sitting on a bed of gleaming blueberries are (clockwise from top left corner) blueberry pumpkin muffins, sugar-crusted* AMERICANA *blueberry muffins, branberry muffins, blueberry buttermilk muffins, and blueberry maple-syrup muffins.*

# In Pursuit of the Perfect Muffin

When we at AMERICANA began our search for the country's best blueberry muffin, we hoped to find a clear-cut winner. Predictably, we found that there were as many ideas of perfection as there were recipes.

"Some people want their muffins to taste like biscuits; others prefer them like cake, topped with crusted sugar," Ed McLaughlin, director of the Maine Blueberry Commission, told us. With his advice in mind, we tested—and retested—some twenty widely varying recipes, culled from the backwoods of Maine and Michigan, from old and new cookbooks, from a forgotten aunt and a coworker's friend of a friend. Just to confuse matters, we even threw in a few boxed mixes.

The five recipes that follow are the top contenders of the office-tasting panel, which proved to have its prophesied complement of cake and biscuit proponents. All these muffins can be prepared with cultivated or wild, fresh or frozen, berries. A couple of tips: Frozen berries should not be thawed before baking; if more berries—of any kind—are added than a recipe stipulates, the sugar may have to be reduced.

Small, sweet, and intensely flavored, fresh wild blueberries generally hold their shape better in baking than cultivated varieties. The wild berries are widely available only in late July and August, however. Canned wild blueberries—packed in water or syrup—can often be found in gourmet or specialty stores; they can also be ordered from the Maine Wild Blueberry Company, Elm Street, Machias, Maine 04654, 800/243-4005 (single fifteen-ounce can, $2; six-pack—three cans in water, three in syrup—$12).

One happy result of the office bake-off is the AMERICANA Blueberry Muffin, created by combining the best ideas from several different recipes. Be warned, however: It does fall into the cake category. To be on the safe side, we suggest making all the recipes below and staging your own taste tests. That way even the most diverse palates can have a perfect muffin.

## THE AMERICANA BLUEBERRY MUFFIN

*These rich, cakelike muffins earned such bake-off comments as "fabulous flavor," "yummy," "delicious," and "the absolute best." Light, moist, and sweet, they have a traditional crunchy topping and are suffused with berries and a delicate hint of lemon.*

**½ cup butter, softened**
**1 cup sugar 2 eggs**
**1 tsp. vanilla 2 cups flour**
**2 tsp. baking powder**
**½ tsp. salt ½ cup milk**
**1–2 cups blueberries**
**1–2 tsp. grated lemon rind**
**2 tbsp. melted butter**
**2 tbsp. sugar**

Preheat the oven to 375 degrees. Cream together the butter and sugar until fluffy. Add the eggs one at a time, mixing well. Add the vanilla. In a separate bowl, combine the dry ingredients and add them alternately with the milk to the batter. Mash ½ cup blueberries and add to the mixture, stirring just until blended. Toss the remaining berries with the lemon rind and fold in lightly. Spoon into greased muffin tins or custard cups. Bake at 375 degrees for 20–25 minutes. While still warm, brush each muffin with melted butter and sprinkle lightly with sugar. Thoroughly cool in tins or muffins will crumble. Makes 12 large muffins.

## BRANBERRY MUFFINS

*Moist and nicely dense, these muffins' winning asset is their strong bran flavor. Not too sweet, they both look and taste—according to an* AMERICANA *staffer—"more healthy than glamorous" (the recipe is from* The Blueberry Connection *cookbook).*

**¾ cup bran**
**¾ cup whole-wheat flour**
**¾ cup brown sugar**
**½ cup wheat germ**
**½ tsp. salt 1 tsp. baking soda**
**1 cup blueberries, coarsely chopped**
**1 tsp. grated orange rind**
**½ cup currants or raisins**
**¼ cup vegetable oil**
**⅔ cup buttermilk, sour milk, or plain yogurt**
**1 egg, slightly beaten**

Preheat the oven to 400 degrees. Mix together the dry ingredients. Add the berries, orange rind, and currants or raisins. Add the liquid ingredients and mix well. Spoon the batter into lightly buttered muffin tins and bake at 400 degrees for 20 minutes. For an interesting variation, use half blueberries and half cranberries. Makes 12 muffins.

## WILD BLUEBERRY BUTTERMILK MUFFINS

*These delicate, wholesome muffins were the surprise of the contest, receiving such compliments as "robust yet light" and "delicious and well-balanced." The muffins' chewy-cookie consistency and inviting brown color make them a sure winner (the recipe is from the cookbook* Basically Blue*).*

**¾ cup all-purpose flour**
**¾ cup whole-wheat flour**
**½ cup granulated sugar (plus 1½ tsp. for sprinkling)**
**½ tsp. baking powder**
**½ tsp. salt**
**¼ cup vegetable oil**
**½ cup buttermilk**
**1 egg, beaten**
**½ cup honey**
**1 tsp. vanilla**
**1 cup blueberries, fresh or frozen**

Preheat the oven to 350 degrees. Mix together the dry ingredients. Add the liquids and stir until just moistened. Gently fold in the berries. Bake for 15 minutes, remove from oven, and sprinkle tops with pinch of sugar. Return the muffins to the oven and bake for 15–25 minutes longer. Cool in pans. Makes about 12 muffins.

## WILD BLUEBERRY PUMPKIN MUFFINS

*Pumpkin fans will enjoy this interesting combination of flavors. Tasty and light, with just a hint of blueberry, the muffins' orange color is distinctly attractive (from* Basically Blue*).*

**3 cups all-purpose flour**
**1 cup granulated sugar**
**1 tbsp. cinnamon**
**2 tsp. baking powder**
**2 tsp. baking soda**
**1 tsp. salt**
**3 eggs, slightly beaten**
**1 cup vegetable oil**
**1¾ cups pumpkin, canned**
**2 cups blueberries**

Preheat the oven to 375 degrees. Mix the dry ingredients in a large bowl. In a separate bowl, combine the eggs, oil, and pumpkin and then quickly blend with the dry ingredients. Fold in the blueberries. Pour the batter into greased, floured muffin tins and bake at 375 degrees for 15–20 minutes. Sprinkle tops with brown sugar if desired. Makes 30–35 medium muffins.

## WILD BLUEBERRY MAPLE-SYRUP MUFFINS

*The key to these muffins is their full-bodied—yet not overpowering—maple flavor. Moist and dense, they are decidedly delicious (from the Maine Wild Blueberry Company).*

**1½ cups all-purpose flour**
**¼ cup sugar**
**3 tsp. baking powder**
**½ tsp. salt**
**⅓ cup vegetable oil**
**1 egg, beaten**
**½ cup milk**
**½ cup maple syrup**
**¾ cup quick oats**
**1 cup blueberries, tossed in 1 tbsp. flour**

Preheat the oven to 350 degrees. Mix together the flour, sugar, baking powder, and salt. In a separate bowl, combine the oil, egg, milk, syrup, and oats. Quickly blend the liquid mixture with the dry until just moistened; do not overmix. Fold in the floured blueberries and fill greased muffin tins two thirds full. Sprinkle the tops with granulated sugar and bake at 350 degrees for 25–30 minutes. Makes 12 muffins.

COURTESY WILD BLUEBERRY ASSOCIATION OF NORTH AMERICA

***On a misty Maine morning, workers harvest wild blueberries with special rakes.***

# AUTUMN BAKING DAYS

## The key to the mysteries of bread making is an understanding of one very simple formula.

By Beatrice Ojakangas

There is an old saying: "She who has baked a good batch of bread has done a good day's work."

In the cookbooks I've read, bread making was a never-ending household activity, hardly containable in a concise recipe. Several pages of instructions in the 1879 *Housekeeping in Old Virginia* included the advice that "housewives should not be daunted by one failure in bread baking, or by twenty. Resolve that you *will* have good bread."

Flour in those early days had to be sifted and dried in the sun or near the kitchen fire before using, and this might take all day. The yeast sponge had to be set up in the morning to be used the following day (an ongoing procedure if there was to be fresh bread every day). Mixed dough was kneaded half an hour, then placed into a stoneware crock to rise.

In summer, dough took only seven or eight hours to rise, so that bread mixed at 9 P.M. was ready for breakfast the next morning. In winter, two to three additional hours were required for bread to rise, and the dough bowl had to be set near a source of heat. In some kitchens, a slate shelf placed just above the bread block featured an oil lamp beneath it, to keep the bread warm through the night.

Today, only minutes are needed to mix up a batch of "good" yeast dough. Our flour is pre-sifted, aerated, and bromated to prevent caking. It comes with important information on the nutritional label. Flour with 13 to 14 grams of protein (gluten) per cup is the best for yeast baking, while flour with less protein per cup makes the best cookies, cakes, and pastries. Cake flour, which contains eight grams of protein per cup, makes the lightest cakes. Yeast breads are about the simplest of all. One package of yeast dissolved in a cup of water will blend with about 2½ cups of flour to make a perfect yeast dough.

When a bit of sugar is added to the recipe, two things happen: The yeast is fed, and the crust turns brown. Besides adding flavor, salt controls the growth of the yeast. Fat will produce a tender crust (that's why French bread does not include it—you *want* a crunchy crust). Milk instead of water increases the nutritional value of the bread, but also gives the crust a smooth tenderness. Eggs added in place of some of the water produce a golden, light bread. Additional fat, sugar, and eggs make a sweeter, richer loaf, and spices, such as cinnamon, nutmeg, lemon, saffron, or cardamom, make coffee breads loved in many countries.

The Scandinavian grandma knew that all she needed to do to produce her Julekage (a traditional holiday bread) was alter the basic formula by using eggs, butter, milk, and cardamom. She added candied or dried fruits and nuts. Instead of baking the bread in a loaf pan, she shaped it into a round and used a cookie sheet.

After years of "follow a recipe" cooking, I finally figured out the basic formula for yeast doughs, and the mysteries of baking were revealed to me. Here is one of my favorite breads.

### WHOLE-WHEAT TOASTING BREAD

MAKES 1 LOAF, 12 SLICES

- 1 package active dry yeast
- 1 tablespoon sugar
- ¼ cup warm water (105° to 115°F)
- 1 cup milk, scalded, and cooled to 105° to 115°F
- 2 tablespoons shortening, softened
- 1 large egg
- 1 teaspoon salt
- 3 to 3½ cups unsifted whole-wheat flour

1. In large bowl, sprinkle yeast and sugar over warm water and let stand until foamy—about 5 minutes. Stir in milk, shortening, egg, salt, and 1 cup of the flour. Beat until smooth. Slowly add remaining flour to make a soft dough. Cover loosely and let rest 30 minutes.
2. Turn dough onto lightly floured board and knead until smooth and elastic—about 10 minutes. Wash, dry, and lightly oil mixing bowl. Place dough in bowl, turning to bring oiled side up. Cover loosely with clean cloth and let rise in warm place, away from drafts, until double in size—about 1 hour.
3. Punch dough down. Grease 8½- by 4½-inch loaf pan. Shape dough into a loaf and place in pan. Cover loosely with clean cloth and let rise in warm place, away from drafts, until double in size—about 1 hour.
4. Heat oven to 375°F. Bake loaf 25 to 35 minutes, or until loaf sounds hollow when tapped on top. Remove from pan; cool on wire rack.

Nutritional information per slice—**protein:** 6 grams; **fat:** 4 grams; **carbohydrate:** 25 grams; **fiber:** 4 grams; **sodium:** 195 milligrams; **cholesterol:** 20 milligrams; **calories:** 152.

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*Beatrice Ojakangas is the author of* The Great Scandinavian Baking Book *(Little, Brown and Co.; $19.95).*

APPETIT APRIL 1978

## CHEESE CACHE CHICKEN

As you cut into this golden chicken breast, a stream of melted cheese oozes from the middle, serving as a lovely sauce. The breasts can be prepared and sautéed in the morning and reheated later. For a special menu serve with artichoke hearts filled with creamed spinach, rice cooked in chicken broth with saffron and mushrooms, and a dry Riesling or Rhine wine.

4 servings

- **2 whole chicken breasts, skinned, boned and halved**
- **4 pieces Monterey Jack cheese, about 1/4 inch thick and 1 1/2 x 3 inches long**
- **4 sprigs fresh sage or 1/2 teaspoon dried**
- **2 eggs**
- **1 teaspoon grated Parmesan cheese**
- **1/4 teaspoon salt**
- **1/4 teaspoon pepper**
- **1 tablespoon minced parsley**
- **Flour**
- **1/4 cup clarified butter or oil**
- **Parsley (garnish)**
- **Lemon wedges (garnish)**

Cut pocket in each chicken piece by holding knife parallel to breast and making about a 2-inch deep slit in side. *Do not cut through.* Place a strip of cheese and a sprig of sage (or 1/8 teaspoon dried) in each pocket. Chill.

In large bowl beat together eggs, Parmesan, salt, pepper and parsley. Roll breasts in flour; dip into egg mixture.

Heat butter or oil in skillet. Sauté breasts just until crisp and golden, turning with spatula, not tongs. (You may refrigerate breasts at this point, finishing them just before serving.)

Transfer chicken to baking dish and bake in a preheated 375°F oven 8 to 10 minutes, or until coating begins to brown. Garnish with parsley sprigs and lemon slices.

## WRAPPED HERB CHICKEN

This easily prepared chicken—delicious served hot—may also be refrigerated and presented cold for lunches, picnics or a late supper.

3 to 6 servings

- **3 whole chicken breasts, skinned, boned and halved**
- **6 tablespoons chopped chives, tarragon or chervil (or any**
- **6 teaspoons onion powder, or to taste**
- **6 tablespoons butter**
- **6 tablespoons chopped fresh parsley**

Preheat oven to 375°F. Place each chicken piece on large sheet of foil. Top each with 1 tablespoon chopped herbs, 2 tablespoons lemon juice, 1 teaspoon onion powder, 1 tablespoon butter and 1 tablespoon parsley. Fold foil tightly around chicken with double folds on each edge. Bake 30 minutes.

## CHICKEN WITH PLUM SAUCE

Serve with steamed white rice and Chinese pea pods with water chestnuts. Chenin Blanc or Vouvray would be compatible wines.

4 servings

- **2 whole chicken breasts, skinned, boned and halved**
- **3 tablespoons dry white wine**
- **1 tablespoon catsup**
- **3 tablespoons Chinese Plum Sauce***
- **1/2 teaspoon salt**
- **1/2 teaspoon sugar**
- **3 tablespoons oil**
- **1/4 cup chicken broth**
- **1 teaspoon cornstarch mixed with 1 tablespoon water**

Cut chicken into 1-inch cubes. In a bowl mix together wine, catsup, 2 tablespoons plum sauce, salt and sugar. Add chicken and marinate 30 minutes (or up to 8 hours if you prefer).

Heat wok or skillet over high heat. Add oil. Stir-fry chicken until almost cooked, about 1 minute. Add chicken broth and remaining 1 tablespoon plum sauce. Simmer 2 to 3 minutes. Blend cornstarch and water mixture and add to pan. Simmer, stirring frequently, until sauce is thickened and translucent.

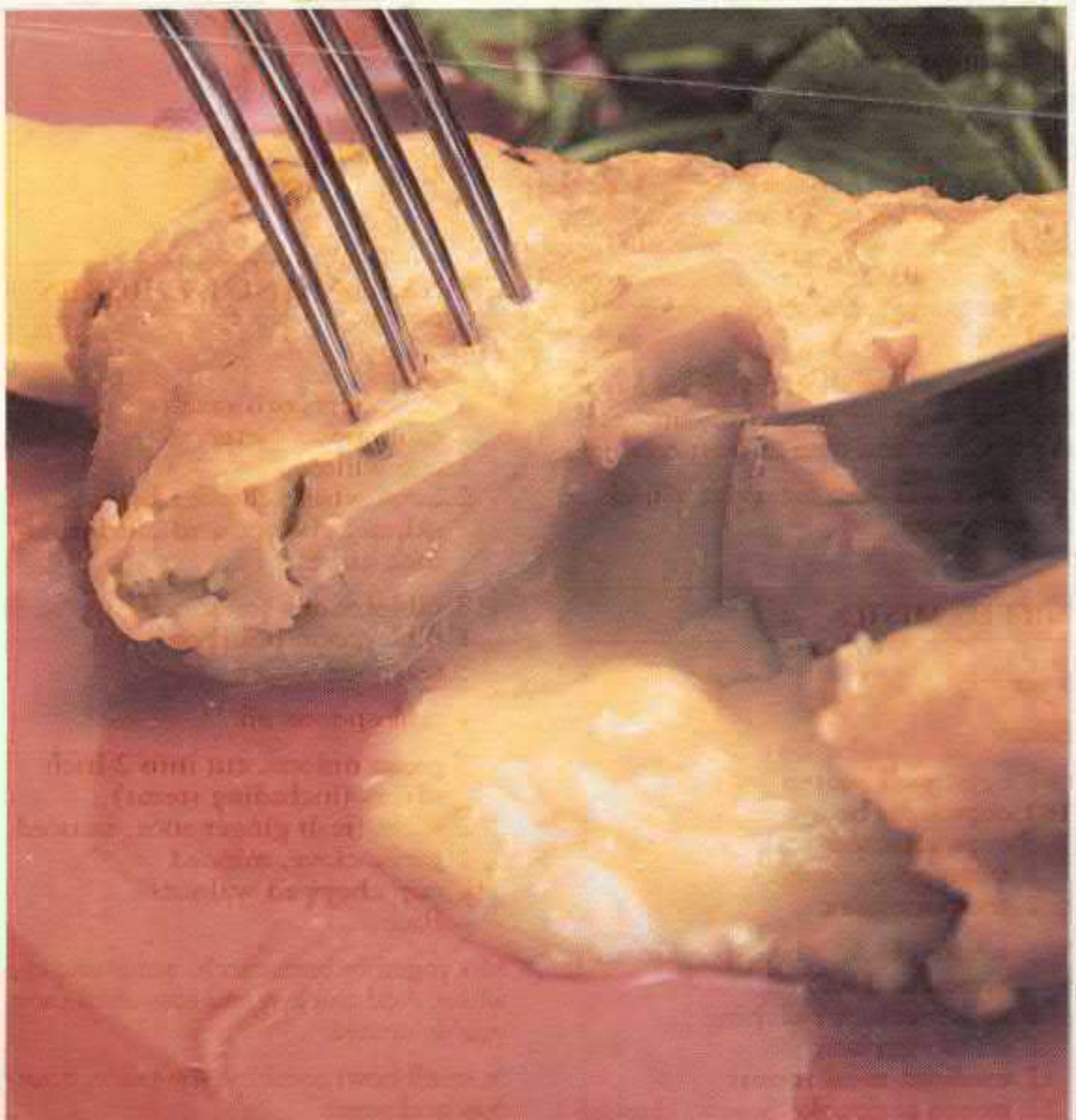
Chinese Plum Sauce is available at oriental markets. If you can't find it, this is a good alternative:

***Chinese Plum Sauce substitute***

- **1 cup plum jam**
- **1/2 cup chutney**
- **1 tablespoon vinegar**
- **1/4 teaspoon hot pepper sauce**

Combine ingredients in saucepan. Cook over medium heat until thoroughly blended and bubbling. Pour into sterilized jar and cap tightly. Store in refrigerator.

continued on page 32



BON APPETIT

APRIL 1978

## QUICK CHICKEN

continued from page 31

### CHILLED CHICKEN BREASTS WITH GREEN PEPPERCORN SAUCE

3 to 6 servings

- 3 whole chicken breasts, skinned, boned and halved
- ¾ cup white wine
- 6 tablespoons butter
- 6 tablespoons chopped fresh parsley
- Green Peppercorn Sauce*

Preheat oven to 375°F. Place each chicken piece on large sheet of foil. Top each with 2 tablespoons wine, 1 tablespoon butter and 1 tablespoon parsley. Fold foil tightly around chicken with double folds on each edge. Bake 30 minutes. Chill thoroughly. Serve with Green Peppercorn Sauce spooned over each breast.

**Green Peppercorn Sauce*

Makes 1½ cups

- 2 tablespoons Dijon mustard
- 2 tablespoons white wine
- 2 teaspoons sugar
- ½ teaspoon salt
- ¼ teaspoon white pepper
- 2 egg yolks
- 2 tablespoons green peppercorns, rinsed and drained
- 1 tablespoon butter
- ½ cup whipping cream

Place mustard, wine, sugar, salt, pepper and yolks in top of double boiler. Cook over hot, *not boiling*, water, stirring constantly with a whisk, until mixture has thickened, about 5 minutes. Remove from heat and stir in green peppercorns and butter.

Whip cream until stiff and fold into mustard mixture until fully incorporated. Cover and chill at least 8 hours.

*The sauce will keep for about a week in the refrigerator.*

### FRITTO MISTO

6 servings

*Batter*

- 3 eggs, well beaten
- 1½ cups light beer
- 1½ cups unsifted flour
- 1 tablespoon paprika
- 2 teaspoons salt

- 3 whole chicken breasts, skinned, boned and halved
- 2 to 3 medium zucchini
- 1 small eggplant
- 12 medium mushrooms
- 3 lemons

For batter: Mix together eggs and beer. Sift together flour, paprika and salt and add to egg mixture. Beat batter until smooth and just thick. Chill.

Cut chicken into 1-inch cubes. Slice zucchini diagonally ½ inch thick. Peel and cut eggplant into sticks about ⅜ inch thick. Trim mushroom stems. Dry artichoke hearts thoroughly.

Preheat oil in a wok, deep fryer or electric frying pan to 380°F. Dip vegetables and chicken cubes in batter and drop into oil. Cook until crisp, about 3 to 4 minutes. Place browned pieces on baking sheets lined with paper towels and keep warm in low oven while cooking remaining pieces.

To serve: Squeeze juice of half a lemon over each portion.

### CHINESE WALNUT CHICKEN

4 servings

- 1 teaspoon cornstarch
- 1 tablespoon water
- 1 egg white
- 2 large whole chicken breasts, skinned, boned and cut into 1-inch cubes

- 3 tablespoons soy sauce
- 1 tablespoon bourbon
- ½ teaspoon sugar

- 4 tablespoons oil

- 3 green onions, cut into 2-inch slivers (including stems)
- 2 slices fresh ginger root, minced
- 1 garlic clove, minced
- ¾ cup chopped walnuts
- Rice

Mix together cornstarch, water and egg white. Add chicken and toss until thoroughly coated.

In small bowl combine soy sauce, bourbon and sugar.

tablespoons oil. Stir-fry chicken for about 3 to 5 minutes or until completely cooked. Remove from pan.

Add remaining oil to pan and stir-fry onions, ginger and garlic 1 minute. Return chicken to pan and continue cooking 1 minute. Add soy-bourbon mixture and cook quickly until sauce has thickened. Stir in walnuts. Serve with rice.

### OYAKO DOMBURI

What the omelet is to the French, domburi is to the Japanese. A quickly made combination of eggs and bite-size pieces of chicken served atop a bowl of rice is the Japanese housewife's answer to hurry-up meals. *Domburi* means bowl in Japanese, and *oyako* refers to mother and child, in this case the chicken and egg. This tempting dish is as simple to prepare as scrambled eggs.

2 servings

- 2 cups hot cooked rice (short grain preferred)

- 4 fresh mushrooms (or 4 smaller dried oriental mushrooms, soaked in water)
- 2 green onions, sliced, including 2 inches of stems
- 1 chicken breast half, skinned, boned and cut into bite-size pieces
- 2 tablespoons chicken broth
- 2 tablespoons dry sherry
- 2 tablespoons mirin* or cream sherry
- 2 tablespoons soy sauce
- 1 teaspoon ginger

- 2 tablespoons oil
- 4 eggs, beaten
- Green onion slices (garnish)
- Toasted sesame seeds (garnish)

Preheat oven to 250°F. Place 1 cup of hot rice in each of 2 serving bowls. Cover and keep warm.

Using 2 other small bowls, divide mushrooms, onions and chicken evenly. In a 2-cup measuring cup combine broth, sherry, mirin, soy sauce and ginger. Mix well and pour over chicken, dividing equally.

Heat 1 tablespoon oil in a 6- to 8-inch skillet or omelet pan. Pour ingredients from one bowl into pan and bring to boil over high heat. Reduce heat and cover pan. Cook about 2 minutes. Add half the beaten eggs to bubbling sauce. Cover and cook about 2 to 3 minutes or until eggs are lightly set. With spatula slide omelet on top of one of the bowls of rice and garnish with sliced onion and sesame seeds. Repeat process for

# TOO BUSY TO COOK?

Would you like to share your time-saving recipes with *Bon Appétit*? Send three to six—tell us where they came from—with your telephone number to Too Busy to Cook, *Bon Appétit*, 5900 Wilshire Boulevard, Los Angeles, California 90036. The material becomes our property and will not be returned.

Something extra: Too Busy to Cook now features readers' special microwave recipes. If you rely on this super time-saver and would like to share some of your favorites, plus microwave tips and techniques, please send them to the address above.

***John Cusimano, Studio City, California. John grew up behind the old MGM movie studios and it was a childhood he remembers with fondness. "You could hear all the old musicals being made," he says. "My friends and I used to climb the back fence and run around the sets. We would get so familiar with the different sets that by the time we finally saw the film, we felt we had watched it already. One thing I'll never forget was being Elizabeth Taylor's date for a day. We were both teenagers and the only two singles at a birthday party, so we ended up together. To this day, I think she's the most beautiful woman in the world." John still likes parties and entertains often. "I love cooking and have friends over for dinner usually once or twice a week. It's a great way to spend time with the people who are special to you."***

Florentine Lasagne Rolls with Shrimp Sauce

## FLORENTINE LASAGNE ROLLS WITH SHRIMP SAUCE

*4 servings*

- **Olive oil**
- **2 10-ounce packages frozen chopped spinach, cooked and cooled**
- **2 eggs**
- **½ cup freshly grated Parmesan cheese**
- **1 garlic clove, minced**
- **½ teaspoon freshly grated nutmeg**
- **½ teaspoon salt**
- **¼ teaspoon freshly ground pepper**
- **1 cup ricotta cheese**
- **8 lasagne noodles, cooked**
- **1½ tablespoons olive oil**
- **9 ounces cooked bay shrimp**
- **Leaf lettuce**
- **4 large cooked shrimp, halved**
- **2 cups Shrimp Sauce***
- **Freshly grated Parmesan**

Preheat oven to 350°F. Lightly coat 9x13-inch baking dish with olive oil. Combine spinach, 1 egg, ½ cup Parmesan, garlic, nutmeg, salt and pepper in large bowl. Mix ricotta with remaining egg in medium bowl. Pat 1 lasagne noodle dry with paper towel. Set on waxed paper. Brush with about ½ teaspoon olive oil. Spread about 3 tablespoons spinach mixture over noodle. Spread 2 tablespoons ricotta mixture over spinach. Pat about 12 bay shrimp onto ricotta. Carefully roll up noodle, starting at 1 short end, to enclose filling. Secure with toothpick. Transfer to prepared baking dish. Repeat with remaining noodles. (*Can be prepared 1 day ahead, covered tightly and refrigerated. Bring to room temperature before continuing.*) Bake 35 minutes. Garnish with lettuce and shrimp halves. Serve hot. Pass sauce and Parmesan separately.

**Shrimp Sauce*

*Makes about 2 cups*

- **2 tablespoons (¼ stick) butter**
- **1 teaspoon minced shallot**
- **½ cup half and half**
- **1 10¾-ounce can cream of**
- **½ cup sour cream**
- **3 ounces cooked bay shrimp**
- **3 tablespoons Cream Sherry**

Melt butter over medium heat in medium saucepan. Add shallot and sauté until limp. Pour in half and half and stir until bubbling. Add remaining ingredients. Stir until hot; do not boil.

## 30-MINUTE CHICKEN CURRY

*6 servings*

- **½ cup (1 stick) butter**
- **1 large onion, sliced**
- **2 celery stalks, diced**
- **3 tablespoons curry powder**
- **½ teaspoon ground coriander**
- **3 cups cubed cooked chicken breast**
- **1 10¾-ounce can cream of chicken soup**
- **½ cup sour cream**
- **½ cup whipping cream**
- **3 cups freshly cooked brown rice**
- **Chutney**
- **Raisins**
- **Chopped peanuts**

Melt butter in large skillet over medium heat. Add onion and celery and sauté until translucent, about 5 minutes. Stir in 1 tablespoon curry powder and coriander. Cover and cook 5 minutes. Mix in chicken and 1 tablespoon curry powder. Cover and cook 5 minutes. Add soup, sour cream, whipping cream and remaining 1 tablespoon curry powder. Cook until just bubbling. Serve over rice, passing chutney, raisins and peanuts separately.

***Miriam Sinclair, Allentown, Pennsylvania. With both a young family and a career, Miriam is always busy, to say the least. Fortunately, a private practice in speech pathology gives her the flexibility to choose her own working hours. "The big plus is that it allows me to spend time with my little boys," she says. "But my husband and I are involved in so much outside of our careers that when friends talk about their free time, I have to ask, 'What's that?' " One key to Miriam's success in dealing with a demanding pace is her microwave oven. "I was lucky," she says. "The store that sold it to us provided lessons to help people integrate the new gadget into their cooking routines. Now I use it to prepare just about everything we eat, from baby food to special breads and cakes—and in half the time."***

## CHINESE HOT POT SOUP

**Microwave**

*Makes about 5½ cups*

- **½ pound lean ground beef**
- **2 14½-ounce cans beef broth**
- **2¾ cups water**
- **1 10-ounce package frozen Chinese stir-fry vegetables**
- **½ cup instant rice**
- **¼ cup sliced green onion**
- **1 tablespoon soy sauce**

Crumble beef into 1½-quart ovenproof glass baking dish. Cook on High 1½ minutes. Crumble with fork and cook on High until browned, about 1½ minutes. Pour off fat. Add remaining ingredients. Cover and cook on High 10 minutes, stirring once or twice. Serve hot.

## QUICK AND EASY CARROT CAKE

**Microwave**

*Makes 1 loaf*

- **1 cup shredded carrots**
- **¾ cup all purpose flour**
- **¾ cup sugar**
- **½ cup vegetable oil**

For accessories information, see page 158

BON APPETIT

JUNE 1985


# One chicken. Two results.

Look at the difference in this microwaved chicken! Half of it was sprayed with New Kitchen Bouquet™ Microwave Browning Spray for a delicious golden brown appearance. The other side pales by comparison.

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*NEW* Kitchen Bouquet™ Microwave Browning Spray.

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# TOO BUSY TO COOK?

continued from page 41

- **2 eggs**
- **¼ cup chopped walnuts**
- **1 teaspoon baking powder**
- **1 teaspoon cinnamon**
- **½ teaspoon baking soda**
- **¼ teaspoon freshly grated nutmeg**

Butter 4½x8½-inch ovenproof glass loaf pan. Combine all ingredients in large bowl and beat with electric mixer until well blended, about 2 minutes. Pour into loaf pan. Cover ends of loaf with 1-inch-wide strips of foil. Cook on Medium 6 minutes, making sure foil does not touch oven walls. Cook on High until tester inserted in center comes out clean, 5 to 6 minutes. Cool slightly in pan on rack.

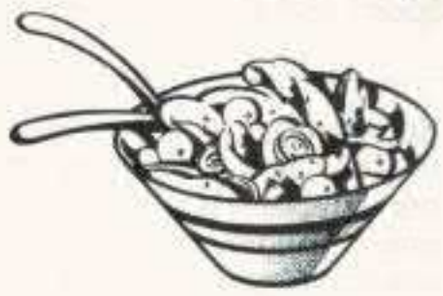
***Rhonda Gritzmacher, Sacramento, California. "Good food runs in my family," says Rhonda. "My mother, a wonderful cook, began teaching me when I was quite young. I made my first meal at the age of ten, and, surprisingly, it all turned out well. The gravy was a little lumpy but not bad for a first try." Rhonda later moved on to more demanding recipes and has since developed a large and varied repertoire. "I have always been intrigued by full-flavored foods," she says. "Several years back I went to a family reunion in Norway, my father's birthplace. I thought it would provide a great opportunity to discover new dishes to add to my collection. Well, I loved the country and the people, but the cuisine was very bland. I guess it depends on what you are used to because by the end of the trip I was craving tacos, burritos—anything with a little spice."***

## CREAMY ROQUEFORT DRESSING

*Makes about 3 cups*

- **1 cup sour cream**
- **1 cup mayonnaise**
- **6 ounces cream cheese, room temperature**
- **½ teaspoon fresh lemon juice**
- **¼ teaspoon salt**
- **⅛ teaspoon garlic juice**
- **Freshly ground pepper**
- **3 ounces Roquefort cheese, crumbled**
- **Milk**

Combine first 7 ingredients in processor and blend until smooth, about 20 seconds. Transfer to medium bowl. Stir in cheese. Cover with plastic and refrigerate overnight. Just before serving, thin dressing with milk to desired consistency.



## SPICED APPLES

*An especially good accompaniment to roast pork.*

*Makes about 4 cups*

- **2 cups sugar**
- **1 cup water**
- **1 cup apple cider vinegar**
- **1 long cinnamon stick, broken**
- **Whole cloves**
- **1¼ pounds Golden Delicious apples, peeled, cored and quartered**

Cook sugar, water, vinegar and cinnamon in heavy large saucepan over low heat, swirling pan occasionally, until sugar dissolves. Increase heat and bring to boil. Reduce heat and simmer syrup 10 minutes, stirring occasionally. Insert 1 clove into each apple quarter. Add apples to syrup and simmer until just tender, stirring frequently, 8 to 10 minutes. Cool completely. *(Can be prepared 1 week ahead and refrigerated.)* Serve at room temperature.

## CHOCOLATE AND BUTTERSCOTCH BARS

*Makes about 36*

- **½ cup (1 stick) unsalted butter**
- **1½ cups graham cracker crumbs**
- **1 cup semisweet chocolate chips**
- **1 cup butterscotch chips**
- **1⅓ cups shredded coconut**
- **1 cup toasted hazelnuts, chopped**
- **1 14-ounce can sweetened condensed milk**

Preheat oven to 350°F. Place butter in 9x13-inch baking pan and melt in oven. Swirl pan to coat bottom and sides with butter. Spread crumbs evenly over bottom of pan. Layer chocolate chips, butterscotch chips, coconut and nuts over crumbs. Pour condensed milk over nuts. Bake until edges are golden brown, about 25 minutes. Cool completely. Cut into bars. □

Photography by Bob Ander  Produced by Sally King  By Audra Shanley

Thanksgiving at Virginia Half-Way House

# By the early 1980s,

after years of managing other people's restaurants, Rick and Sue Young wanted a place of their own. Early aviation enthusiasts, the couple discovered that the restaurant business, with its strange schedules and odd hours, earned them a living yet allowed time for their mutual avocation: reproducing gliders and early model planes. About midway between Richmond and Petersburg, Virginia, they discovered the Half Way House Restaurant, so-called for its location on what once had been the main turnpike between the two cities. Many 18th-century travelers—even George Washington, according to one source—who left Washington, D.C., for the South spent time at the stagecoach stop and tavern. As they uncovered the restaurant's past, the Youngs added a love of early American history to their fascination with early flight.

The Half Way House was built in 1760 by the Hatcher family on a piece of property deeded to them from the English Crown about 1740. The exterior of the three-story white-painted building is much the same as it was almost 240 years ago, with one exception. What originally was a two-story porch on the back of the structure now is used as the main entrance. Inside, the original taproom in the English basement is the main dining room. The second-floor ballroom and parlor, once used for town meetings and public functions, are set aside for private parties; former third-floor guest rooms serve as the restaurant's offices. And, as it probably was in the 1700s, the kitchen is housed in a log outbuilding, reconstructed in the 1930s just a

**OPPOSITE ABOVE:** *Chrysanthemums line the staircase to the main entrance of the Half Way House in Virginia. The structure features a two-story porch, clapboard sheathing, and end chimneys. The sycamore in the foreground, according to the owners, already was full-grown in 1740 and was used as a landmark in the original land deed.*

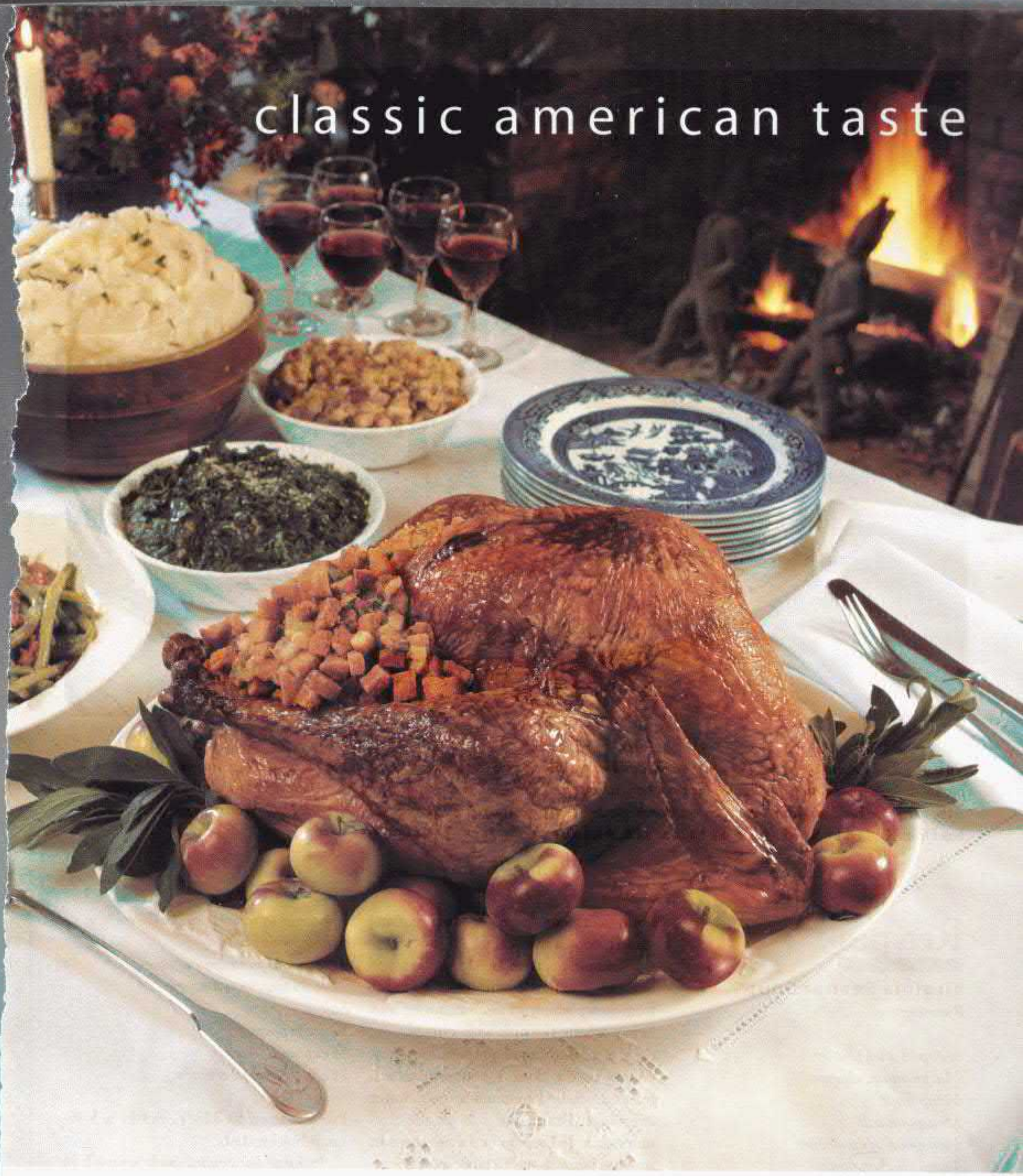
**OPPOSITE BELOW:** *Half Way House owners Rick and Sue Young, shown here with "Purrscilla," married in 1980 and purchased the restaurant in 1982.*

**ABOVE:** *In the English basement's main dining room, the Youngs removed plaster to expose the brick walls and added a reproduction fireplace mantel modeled after the deteriorating original.*

short distance from the main building. "We always thought the layout would be a problem, but it just isn't," says Rick about the logistics of delivering hot food to the dining tables from a separate building. Instead, it is just one of the oddities that adds to the restaurant's charm.

For many decades after it was built, the Half Way House remained a tavern, then often called an ordinary because it served regular meals. During the Civil War, Ulysses S. Grant's 1864 campaign to put pressure on the Confederate capital in Richmond required Union Major General Benjamin Butler's army to occupy Bermuda Hundred, a village south of Richmond and just east of the Half Way House. Instead of advancing to cut off Confederate supplies and rendezvousing with the rest of the Union forces, Butler waffled and fell back, ruining Grant's strategy, and probably prolonging the war. Several Union war documents include instructions for troops to remain at the Half Way House during the retreat. While one fighting force kept Butler entrenched, thousands of other Confederate soldiers were free to reinforce Robert E. Lee's troops.

During the Reconstruction period, the house became the private home of the Arnold family, who occupied it for several decades. Prohibition brought a new use for the house. It was purchased by Brydon Tennant, a local attorney who—somehow—had access to alcohol. He opened the house as a private restaurant, which continued to flourish even after Prohibition ended in 1933. In 1941, the Bender family from Chicago purchased the Half Way House and operated the restaurant for more than *(Turn to page 118)*




**OPPOSITE ABOVE:** *Peanut soup, a regional favorite, awaits diners in front of the fireplace in the main dining room.*
**ABOVE:** *The Thanksgiving Day feast at the Half Way House, created by longtime chef Raymond Allen, includes traditional roast turkey with herbed stuffing; special-recipe Half Way House green beans with bacon, tomato, and onions; creamy spinach casserole known to please even spinach-haters; and sweet potato casserole with pecans. In the basket in the background are the restaurant's popular dinner rolls. Other holiday favorites include hot spiced wine, made from a dry red wine flavored with spices and citrus juice. The restaurant serves sit-down holiday dinners at several seatings.* *Selected recipes begin on page 108.*

NOV. 1998 →

**ABOVE:** *The Youngs prefer to offer the most traditional of American desserts as the finale to the Thanksgiving dinner. At the left is pumpkin pie with a dollop of whipped cream set on an antique "Chinese" pattern plate made by Allertons of England. Pecan pie is served on a Homer Laughlin "Home Sweet Home" plate based on a Currier & Ives print. In the back is apple crisp in an Imari-style bowl from Andrea by Sadek.* **FOR DETAILS SEE RESOURCES**

# Recipes

## Virginia Peanut Soup

*8 servings*

*½ cup (1 stick) butter*
*1 large onion, chopped*
*⅓ cup flour*
*1 teaspoon salt*
*1 teaspoon white pepper*
*4 cups chicken broth*
*1 ½ cups creamy or chunky peanut butter**
*1 cup heavy or whipping cream*
*Chopped chives (optional)*

In 4-quart saucepan, melt butter over medium heat. Add onion; stirring frequently, cook until translucent. Stir in flour, salt, and pepper; stirring constantly, cook 1 minute.

Gradually stir in broth and heat to boiling; simmer 5 minutes. Remove from heat; whisk in peanut butter and heavy cream. Garnish with chives.

*For a traditional preparation, omit peanut butter. Soak 1 pound unsalted, roasted, shelled peanuts in cold water overnight. Drain and rub off the thin outer skin. In blender or food processor, process peanuts and 3 tablespoons sugar until a coarse paste forms. Add as directed for peanut butter, above.

## Spinach Casserole

*6 to 8 servings*

*3 packages (10 ounces each) frozen chopped spinach, thawed*
*1 package (8 ounces) cream cheese*
*6 tablespoons butter*
*4 teaspoons fresh lemon juice*
*¼ to ½ teaspoon nutmeg*
*Salt*
*White pepper*
*⅓ cup sour cream*
*½ cup dry bread crumbs*

Preheat oven to 325°F. Butter a 1 ½-quart baking dish.

In large saucepan, cook spinach in ¼ cup boiling water just until hot, about 5 minutes. Pour into colander; press gently with back of spoon to drain well.

In same saucepan, combine 6 ounces cream cheese, 4 tablespoons butter, 3 teaspoons lemon juice, nutmeg, ½ teaspoon salt, and ⅛ teaspoon pepper; stir over *(Turn to page 118)*

## Chinatown Chops start with San Francisco's Rice-A-Roni

In large skillet brown 4 pork chops; remove chops. Brown 1 pkg. Fried Rice-A-Roni with 2 tbsp. butter or margarine. Stir in 2 cups hot water, 1 (2 oz.) can mushrooms, undrained, and contents of Vegetable Sauce envelope. Place browned chops on top. Sprinkle with

NOV. 1998

Johnson-Brant raid is reenacted each Columbus Day weekend in October.

For information, contact: Old Stone Fort Museum, Schoharie County Historical Society, RD#2, Box 30A, Schoharie, NY 12157; (518) 295-7192.

## Half Way House

*continued from page 106*

40 years. During World War II, it served as a de facto officer's club for servicemen from nearby Fort Lee. The Benders established the restaurant's reputation for hearty American cuisine. The Youngs kept most things the same when they took over in 1982. Most things.

To update the restaurant, executive chef Raymond Allen began adding creative specials to the menu. While traditional lobster tail, fried shrimp, and New York sirloin still attract old fans, the restaurant has added crab cakes, soft-shell crab, tuna, and pork, among others, to the menu in specials. Fresh breads and cinnamon rolls remain a staple. Like the menu, the Half Way House's Thanksgiving feast is a blend of regional favorites, American standards, and a touch of new cuisine.

With 16 years at the controls of the Half Way House, the Youngs are now preparing for the 100th anniversary of the Wright brothers' first public flight, in 2003. Rick, along with a business partner, is heading up "The Wright Experience," an effort to rebuild several of the Wrights' early gliders and aircraft for which no examples or plans exist. Early photographs and films are being studied closely to re-create the machines.

The restaurant serves lunch Monday through Friday and dinner daily. Reservations are suggested. Contact the Half Way House Restaurant, 10301 Jefferson Davis Highway (U.S. 1 and 301), Richmond, VA 23237; (804) 275-1760. For information on the Wright Project, call (804) 796-4733 or (540) 347-1909.

## Half Way Recipes

*continued from page 108*

low heat until smooth.

Stir in spinach. Spoon half the spinach into baking dish.

In small saucepan combine remaining 2 ounces cream cheese with sour cream and remaining lemon juice, and salt and pepper to taste; stir over low heat just until smooth. Spoon over spinach mixture in casserole; top with remaining spinach.

Melt remaining 2 tablespoons butter. Add bread crumbs; toss to coat. Sprinkle over spinach.

Bake 25 to 30 minutes or until lightly browned and bubbly.

### Turkey Dressing

*8 to 10 servings*

*½ cup (1 stick) butter*
*2 cups chopped onion*
*1 cup chopped celery*
*1 ¼ cups turkey stock*
*3 tablespoons chopped fresh parsley or 1 tablespoon dried parsley*
*2 tablespoons chopped fresh sage or 2 teaspoons crumbled dried sage or poultry seasoning*
*1 teaspoon salt*
*½ teaspoon pepper*
*4 cups crumbled corn bread*
*4 cups cubed dried white bread or packaged stuffing cubes*

Preheat oven to 350°F.

In 4-quart Dutch oven, melt butter over medium heat. Add onion and celery; stirring frequently, cook until tender. Add turkey stock, parsley, sage, salt, and pepper. Heat to boiling; remove from heat.

Stir in corn bread and white bread cubes until evenly moistened. Spoon into greased 13 x 9-inch baking pan.

Bake 30 minutes or until lightly browned and slightly crusty.

### Roast Turkey

*8 to 10 servings*

*1 whole 10- to 12-pound turkey, thawed if frozen*
*Olive or vegetable oil*
*Fresh sage leaves*
*Salt and pepper*

Rinse turkey thoroughly; drain well. Sprinkle cavity with salt and pepper. Brush skin with oil, then rub with fresh sage leaves. Place 8 to 10 sage leaves in turkey cavities. Pin neck skin to turkey back; tie legs together.

Place turkey breast-side up on rack in large roasting pan. Insert meat thermometer in center of thigh, not touching bone. Cover with a loose tent of aluminum foil.

Roast in 325°F oven 3 ½ to 4 hours (about 20 minutes per pound) or until

thigh is pierced with a skewer and the meat thermometer reaches 180°F. Remove foil last 45 minutes of roasting time to brown. Remove turkey to a serving platter. Remove strings and skewers. Cover loosely with foil to keep warm. Serve with gravy (recipe follows).

**Gravy**
*2 cups turkey broth*
*⅓ cup flour*
*½ cup cold water*
*2 or 3 fresh sage leaves*
*Salt and pepper to taste*

Pour drippings from roasting pan into large measuring cup (set roasting pan aside); let stand, allowing fat to separate. Skim off all but about ¼ cup fat.

Add turkey broth to the roasting pan and place over high heat. Heat to boiling, stirring to loosen brown bits. Strain reserved drippings into roasting pan.

In small bowl, stir flour and water until smooth. Stirring constantly, gradually add flour mixture to broth mixture in roasting pan; add sage leaves and return to boiling. Add salt and pepper. Pour into heated pitcher or sauceboat.

## Half Way House Green Beans
*8 to 10 servings*

*6 strips bacon*
*1 medium onion, finely chopped*
*4 tomatoes, chopped, or 2 cans (14 ½ ounces each) diced tomatoes, lightly drained*
*2 tablespoons sugar*
*Salt and pepper to taste*
*2 cans (15 ounces each) French-style green beans, drained, or*
*3 packages (9 ounces each) frozen French-style green beans, thawed*

In large skillet, cook bacon until lightly browned; drain on paper towels. Pour off all but 2 tablespoons drippings. Add onion and cook until lightly browned.

Stir in tomatoes, sugar, salt, and pepper; simmer 5 minutes. Add beans and heat through. Crumble bacon; stir into beans just before serving.

## Sweet Potato Casserole
*8 to 10 servings*

*2 ½ pounds sweet potatoes, peeled and cubed*
*¼ cup (½ stick) butter*
*3 eggs, separated*
*1 ½ cups sugar, divided*
*½ cup half-and-half or whole milk*
*1 teaspoon vanilla extract*
*½ to 1 cup chopped pecans*

Preheat oven to 350°F.

Cook sweet potatoes in boiling salted water 15 to 20 minutes or until tender; drain. Add butter and let stand until melted.

Meanwhile, in medium bowl, beat egg whites and ¼ cup sugar until firm peaks form; set aside.

With mixer at medium speed, beat potato mixture, remaining 1 ¼ cups sugar, and egg yolks until smooth; blend in half-and-half and vanilla. Gently fold beaten egg whites into potatoes. Spoon into greased 2-quart casserole or soufflé dish. Sprinkle with pecans.

Bake 30 minutes or until lightly browned.

## Apple Crisp
*8 to 12 servings*

**Filling**
*1 cup packed brown sugar*
*⅓ cup cornstarch*
*1 ½ teaspoons cinnamon*
*½ teaspoon salt*
*4 pounds tart apples, peeled, and sliced or coarsely chopped*

**Topping**
*2 cups flour*

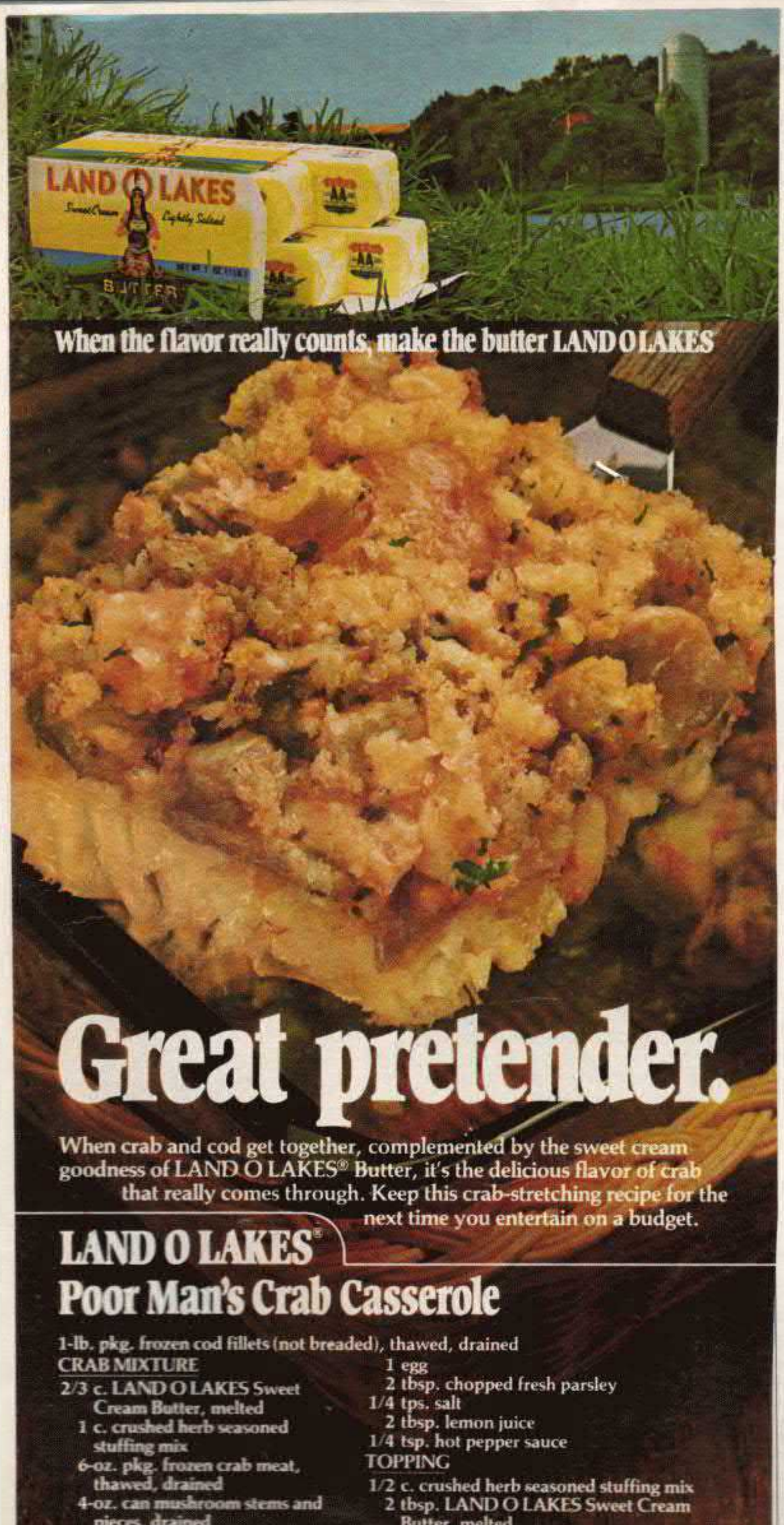
*(Turn to page 122)*


Follow the simple recipe below for this creamy new taste tempter.

**Peaches 'n' Cream Dessert Pizza**
(Makes one 12-inch pie)

**1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
**1/2 cup sour cream**
**1/4 cup ReaLemon® Reconstituted Lemon Juice**
**1 teaspoon vanilla extract**
**1/2 cup margarine or butter, softened**
**1/4 cup firmly packed light brown sugar**
**1 cup unsifted flour**
**1/4 cup quick oats**
**1/4 cup finely chopped walnuts**
**1 (29-ounce) can cling peach slices, drained**
**PAM® Vegetable Cooking Spray**
**Additional chopped walnuts for garnish**

*Preheat oven to 375°. In medium bowl, combine sweetened condensed milk, sour cream, ReaLemon and vanilla; mix well. Chill. In medium bowl, cream together margarine and sugar; mix in flour, oats and walnuts until thoroughly blended. Spray pizza pan or baking sheet with PAM. On pan, press dough into 12-inch circle forming ridge around edge. Prick with fork. Bake 10 to 12 minutes or until golden brown. Cool. Spoon filling evenly onto crust. Arrange peach slices on filling; garnish with remaining nuts. Chill before serving. Refrigerate leftovers.*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Poor Man's Crab Casserole
1-lb. pkg. frozen cod fillets (not breaded), thawed, drained
CRAB MIXTURE
2/3 c. LAND O LAKES Sweet Cream Butter, melted
1 c. crushed herb seasoned stuffing mix
6-oz. pkg. frozen crab meat, thawed, drained
4-oz. can mushroom stems and pieces, drained
1 egg
2 tbsp. chopped fresh parsley
1/4 tps. salt
2 tbsp. lemon juice
1/4 tsp. hot pepper sauce
TOPPING
1/2 c. crushed herb seasoned stuffing mix
2 tbsp. LAND O LAKES Sweet Cream Butter, melted

NOV 1998

*1 cup firmly packed brown sugar*
*1 cup (2 sticks) butter, melted*

Preheat oven to 400°F.

Filling: In large bowl, combine brown sugar, cornstarch, cinnamon, and salt; add apples and toss to coat. Spoon into greased 13 x 9-inch baking dish.

Topping: In same bowl, combine flour and brown sugar. Stir in butter until coarse crumbs form; spoon over apples.

Bake 60 to 75 minutes or until apples are tender and juices that bubble up in center are shiny and clear. Cool on wire rack. If desired, serve with egg nog or vanilla ice cream.

## Hot Spiced Wine

*8 servings, ½ cup each*

*1 bottle (750 mL) dry red wine*
*¾ cup water*
*¾ cup sugar*
*1 teaspoon whole cloves*
*1 cinnamon stick*
*1 lemon, sliced*
*½ orange, sliced*

Combine all ingredients in large nonreactive (stainless steel or enamel) pot. Bring to a boil over high heat; reduce heat and simmer, covered, 15 minutes. Strain and serve hot.

## Pumpkin Pie

*8 servings*

*¾ cup sugar*
*3 eggs*
*1 can (16 ounces) solid-pack pumpkin*
*½ cup half-and-half or whole milk*
*½ cup (one stick) butter, melted*
*1 teaspoon cinnamon*
*1 teaspoon vanilla extract*
*½ teaspoon allspice*
*¼ teaspoon nutmeg*
*1 unbaked 9-inch pie crust with high fluted edge*
*Whipped cream for garnish*

Preheat oven to 350°F.

In large mixing bowl with electric mixer at low speed or wire whisk, beat sugar and eggs until smooth. Add pumpkin, half-and-half, melted butter, cinnamon, vanilla, allspice, and nutmeg; beat or whisk until smooth; pour into pie crust.

Bake 50 to 60 minutes or until filling is

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A sunlit stretch of the Appalachian Trail in Maine

# Walk on the Wild Side

*On the 50th anniversary of the National Trails System, throngs of hikers hit America's most rugged routes*

***By Svati Narula***

***Photography by Meg Roussos***

In 1965, President Lyndon B. Johnson gave a speech urging Congress to come up with a program for building and maintaining trails throughout the country's parks and national forests. "The forgotten outdoorsmen of today," he told legislators, "are those who like to walk, hike, ride horseback, or bicycle. For them we must have trails as well as highways."

Those who like to walk, hike, and ride are hardly forgotten in 2018—largely thanks to the National Trails System Act, which Johnson signed into law on October 2nd, 1968. The National Trails System now encompasses nearly 60,000 miles of congressionally >

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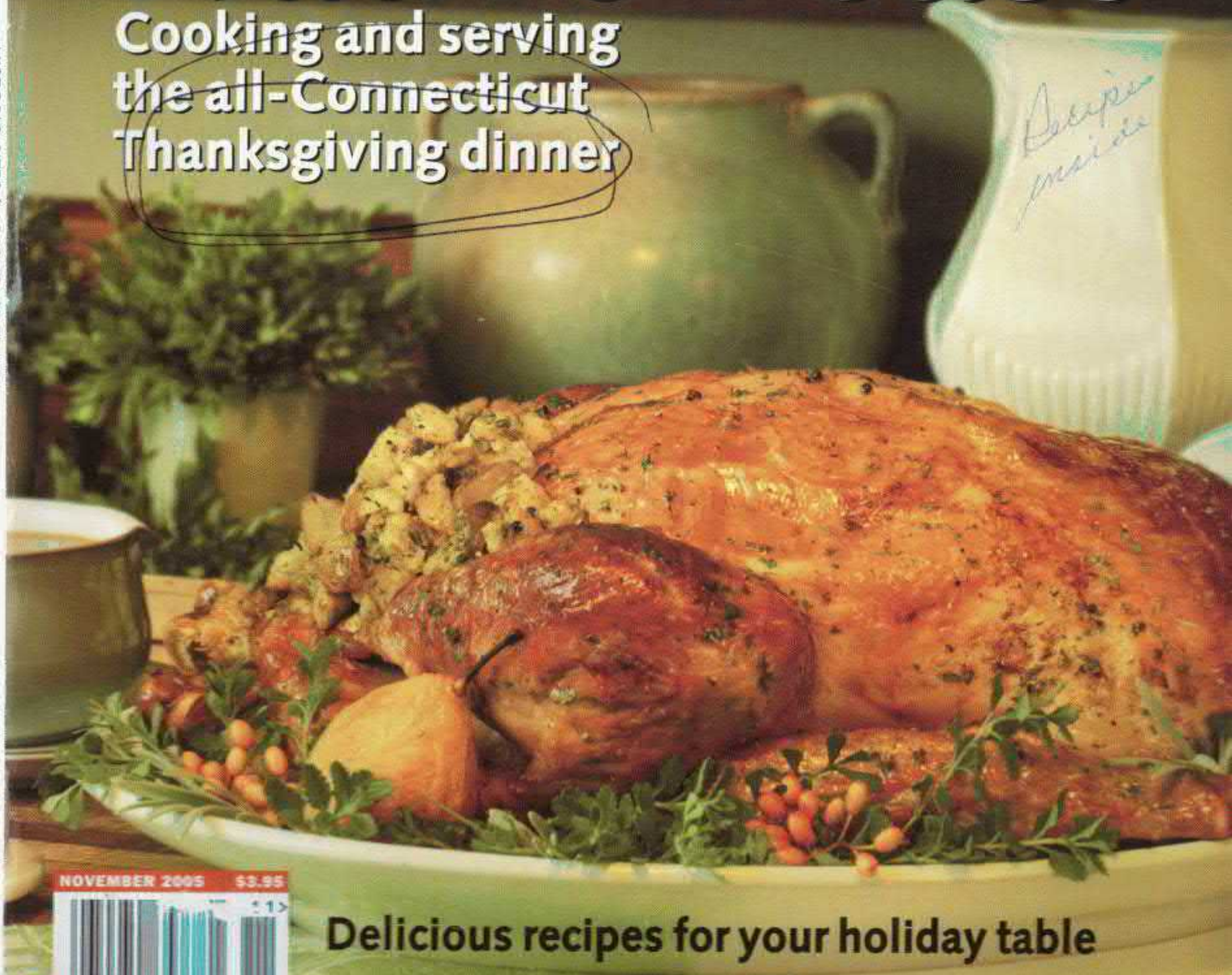
# Native Feast

## Cooking and serving the all-Connecticut Thanksgiving dinner



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NOVEMBER 2005/VOL. 69 NO. 11 HISTORIC SITES/LOST FEAST TRAVEL

NOVEMBER 2005

Pg 76 →

# Native Feast

continued from page 65

## Glazed Quince and Pears

I love the Old World flavor of quinces and pears. Lucky us that our ancestors brought both to Europe from Asia, and then carried them to the New World, where we enjoy celebrating their harvest. These can be made ahead and reheated in the oven with other dishes.

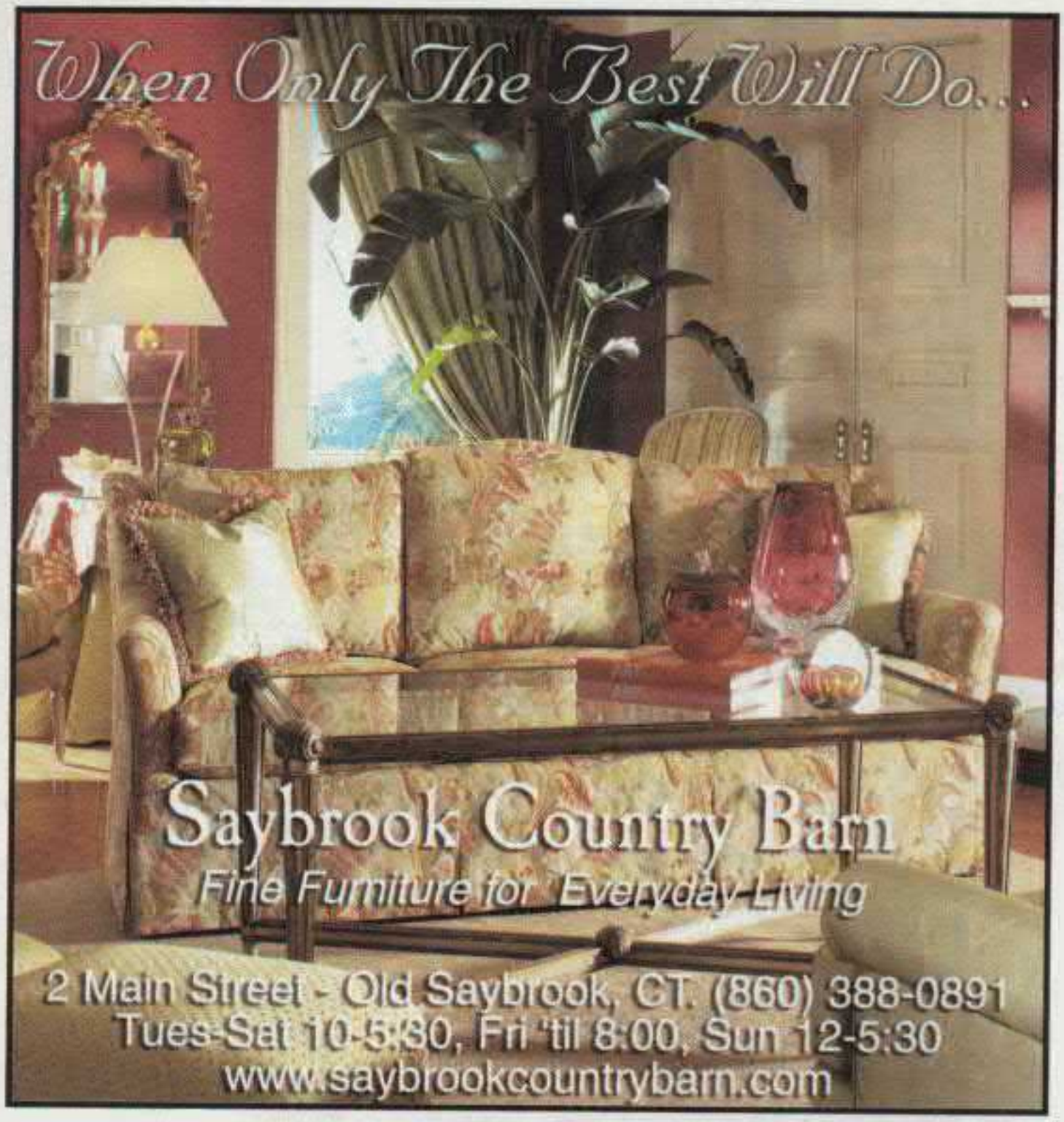
Ingredients:

- 8 sickel pears
- 2 quinces
- 1/2 cup sugar or vanilla sugar if you make it
- 3/4 cup sweet white wine
- 1 lemon
- 1/2 cup melted and cooled butter

1. Preheat the oven to 375 degrees.
2. Peel, stem, quarter and core the quinces. Drop into a bowl of water with a few squeezes of lemon juice to prevent browning.
3. Remove the quince quarters from the lemon water and place them in a buttered two-quart soufflé dish. Reserve the water.
4. Pour the wine over the quince.
5. Bake the quince for about 30 minutes or until nearly tender.
6. Meanwhile, peel the pears, leaving them whole, with their stems intact. Place into the lemon water used for the quinces.
7. When the quinces are nearly tender, remove them from the oven.
8. Remove the pears from the lemon water, dry with a kitchen towel and place in the soufflé dish among the quinces.
9. Pour a little melted butter over each one, then sprinkle each with about 1 tablespoon of the sugar.
10. Return the dish to the oven and bake for about 20 minutes or until the pears are tender and the sugar has formed a crunchy coat.
11. Use them to garnish the turkey on the platter. Serves 8.

## Rosemary Roasted Potatoes

I started preparing these years ago as hors d'œuvres with a roasted garlic dipping sauce, and now they are a family favorite to accompany roasted meat and poultry. They become even more interesting when you use a variety of potatoes. The Gresczyk Farm in New Hartford is the largest grower of potatoes in Connecticut. From their bounty I chose Yukon Gold, Blue All Blue, Norlanda Reds and the very superior Superior White variety.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¼ cup good olive oil
1 T. kosher salt
1 tsp. freshly ground black pepper
3 T. dried rosemary

1. Preheat the oven to 450 degrees, then preheat the ungreased heavy baking pan in the oven.
2. Scrub the potatoes, then cut them into wedges that are as equal as possible, considering that each variety has a different size and weight range.
3. Toss all the ingredients together in a bowl, until they are evenly coated with the oil and seasonings.
4. Dump the potatoes into the preheated baking pan and shake to distribute them evenly.
5. Roast in the oven for 35 to 45 minutes until golden brown. Serves 8.

## Gratin of Brussels Sprouts

This recipe came to me through the aunts of a friend sometime in the 1980s. Many have learned to eat brussels sprouts enrobed in the ultrasatisfying butter, bacon and cream (once a year it's okay). The gratin can be completely assembled and refrigerated 24 hours ahead.

Ingredients:
4 ounces bacon, cut into ½ inch pieces
4 T. butter (I usually omit it)

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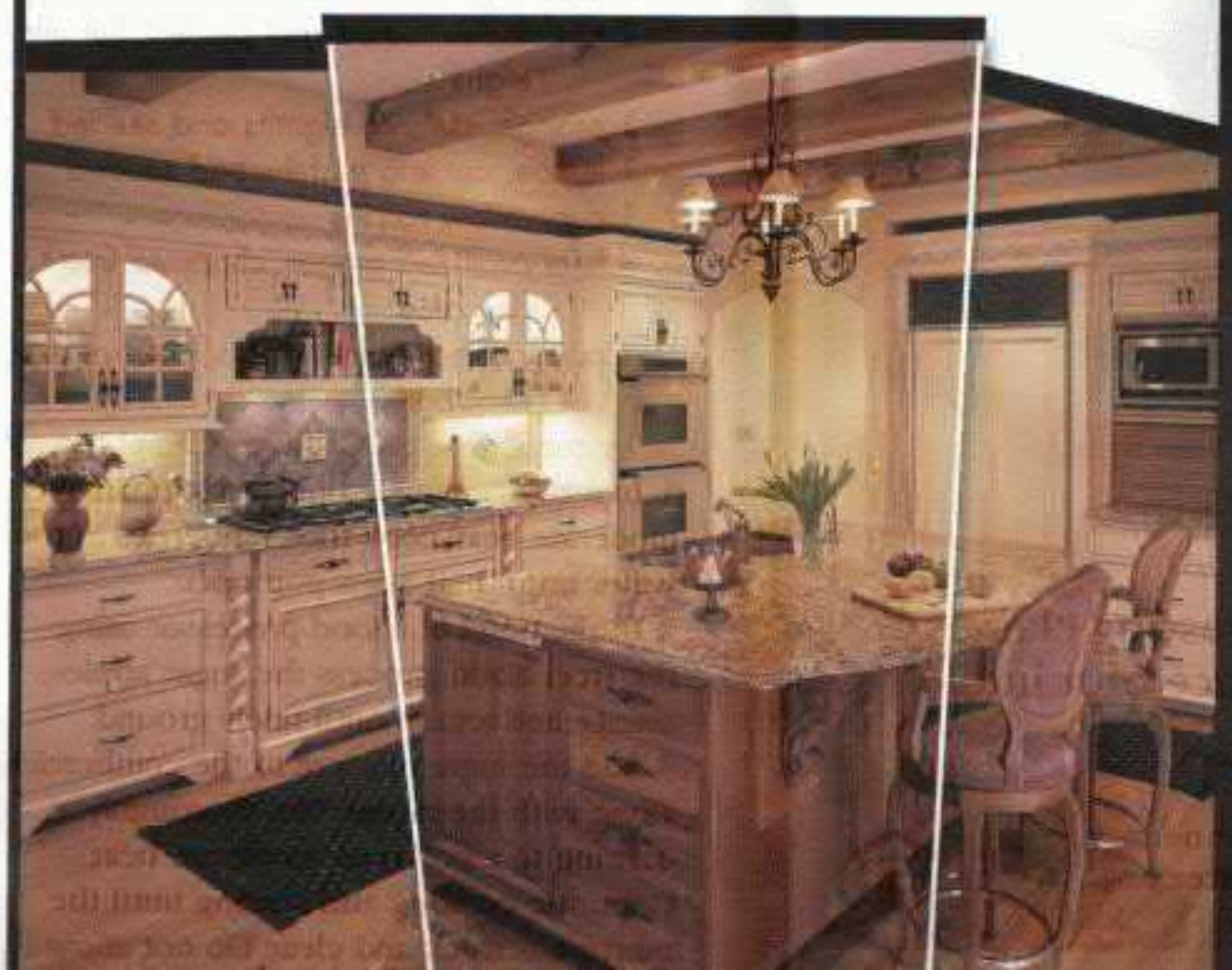

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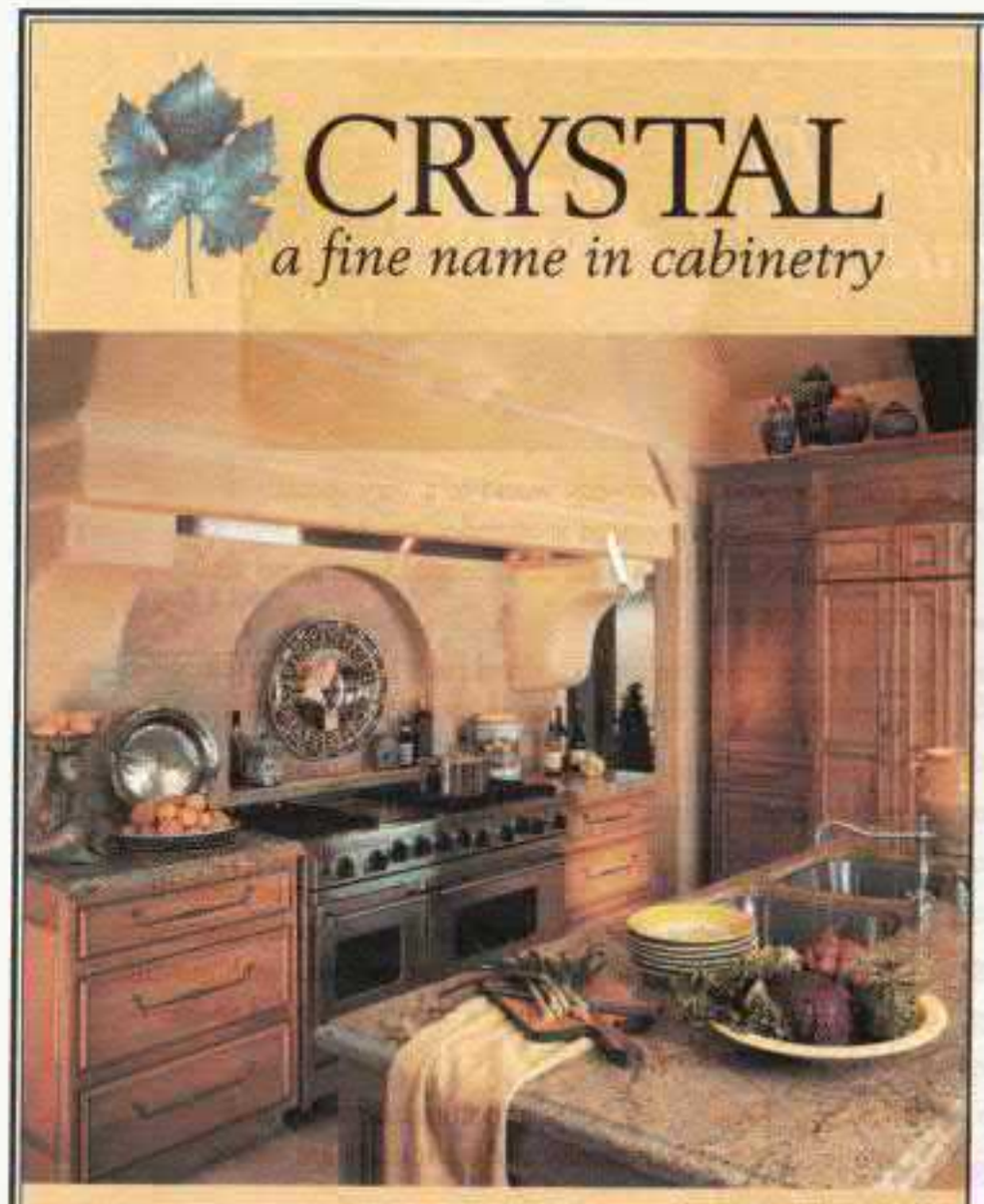


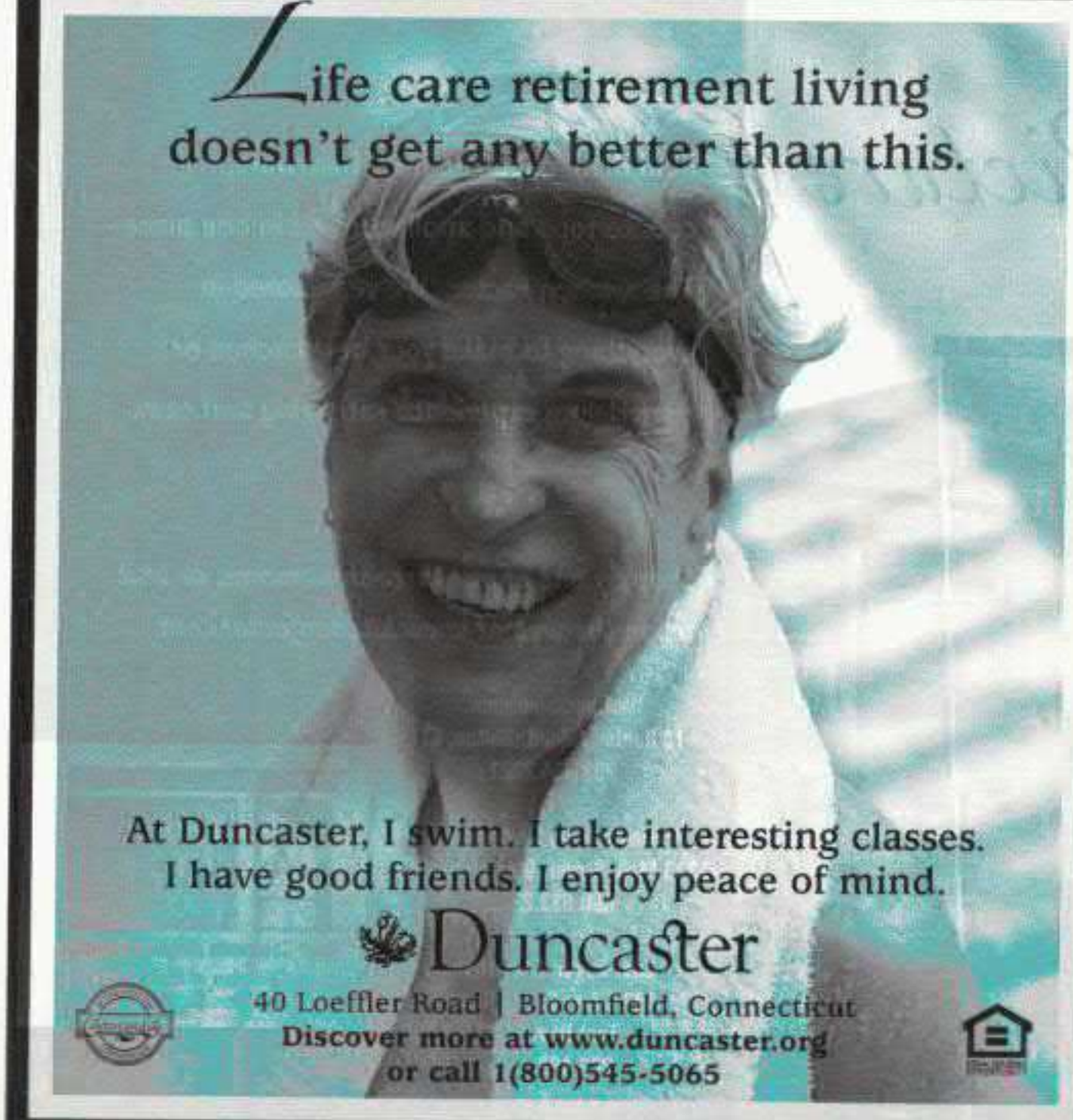
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# Native Feast

2 lbs. brussels sprouts
Salt and freshly ground pepper to taste
1 cup heavy cream
2/3 cup fine bread crumbs
2 T. butter

1. Preheat the oven to 400 degrees.
2. Sauté the bacon in butter, or simply in its own fat, until crispy.
3. Trim sprouts and cook in boiling water for 12 minutes.
4. Drain, cool and chop the sprouts coarsely.
5. Add sprouts, salt and pepper to bacon and sauté, tossing in the pan for one minute over high heat.
6. Spread into buttered gratin dish.
7. Pour cream over the mixture, top with bread crumbs and dot with butter.
8. Bake for 25-30 minutes at 400 degrees. Serves 8.

## Cranberry Conserve

When the first cranberries appear in my local market, my mind turns to Thanksgiving dinner. Ever since I bought Louise Tate King's *Martha's Vineyard Cook Book* in Vineyard Haven in the mid-1970s, my menus have begun with cranberry conserve, which I make about a month ahead (it keeps for months in the refrigerator). It has stood the test of time with only minor variations in technique over the years, and is a lovely hostess gift all through the holiday season.

Ingredients:
4 cups fresh cranberries, rinsed and picked over
1 1/2 cups water
3 cups sugar
2 tart apples, cored, not peeled, cut into eighths
1 orange, cut into eighths and seeded
1 lemon, cut into eighths and seeded
1 cup yellow raisins
4 T. crystallized ginger, chopped into fine dice
1 cup toasted walnut meats, coarsely chopped
1/2 cup Crème de Cassis or Chambord

1. In a large enameled preserving pan over moderate heat, cook the cranberries in the water until their skins pop open.
2. In the bowl of a food processor using the steel blade, process the sugar, apples, orange and lemon until finely ground.
3. Add the sugar mixture to the cranberries along with the raisins. Mix thoroughly.
4. Bring to a boil over moderate heat. Continue cooking and stirring until the mixture is thick and clear. Do not allow

5. Add the crystallized ginger, toasted walnuts and liqueur. Stir to blend.
6. Allow to cool. Spoon into sterilized jars and store in the refrigerator. Yields five eight-ounce jars.

## Third-Generation Squash Pie

I think this pie has survived without change from Mary (my grandmother) to Mary Ann (my mother) to Marianne (me) because the proportion of spices is so pleasing—not too much clove or ginger and just the right amount of cinnamon. We prefer winter squashes to pumpkins as they are less watery.

### SQUASH FILLING

Ingredients:
- 5 or more lbs. of winter squash (or squashes) of your choice

1. Cut squash of your choice (we prefer a combination of Hubbard and butternut squashes and long-neck pumpkin) in half vertically, then remove seeds and stringy parts with an ice cream scoop.
2. Place on baking sheet with edges, cut side down, then pour about a cup of water around squash.
3. Bake at 350 degrees for 30 minutes to an hour, until tender, depending on thickness of squash.
4. Remove from oven and cool.
5. Scrape flesh away from skin and process in food processor until smooth. Freeze excess for future pies or to use as vegetables.

### PIES

Ingredients:
- 4 cups prepared squash
- 4 eggs
- 1 1/2 cups sugar
- 1 tsp. salt
- 2 tsp. cinnamon
- 1 tsp. powdered ginger
- 1/2 tsp. cloves
- 1 can evaporated milk
- 2 nine-inch pie shells, unbaked

1. Whisk squash and eggs together, then add remaining ingredients and whisk together thoroughly.
2. Pour into unbaked pie shells.
3. Bake at 425 degrees for 15 minutes, then lower oven temperature to 350 degrees and bake an additional 45 minutes.
4. Cool and top with ice cream, whipped cream or apple sorbet. Serves 8-12.

## Maple Candy Garnish

This raises the level of the squash pie by adding a crunchy texture and that special New England flavor of maple syrup. I get mine from the Nivolo Family at Hilljack Sugar Shack in Litchfield or at our local farmers' market.

Ingredients:
- 2 cups maple syrup
- 1 cup toasted sliced almonds or pecan halves
- 1 T. butter

1. Pour the maple syrup into a small heavy pot, preferably a copper one.
2. Bring the syrup to a hard boil; reduce heat to a gentle boil.
3. Continue to reduce syrup until it reaches the hard-crack stage on a candy thermometer.
4. Meanwhile, butter a platter or marble slab on which to cool the candy.
5. Sprinkle the toasted sliced almonds or pecan halves on the slab in an even single layer.
6. When the candy reaches the hard-crack stage, pour it over the nuts.
7. When the candy is cold, break it into serving-size pieces.
8. Decorate the pie by placing a piece of candy on each serving. Makes about a half-pound.

*You can find additional recipes, including those for turkey gravy, crystallized ginger with chocolate drizzle and Stilton-stuffed prunes with pistachios, at connecticutmag.com.*

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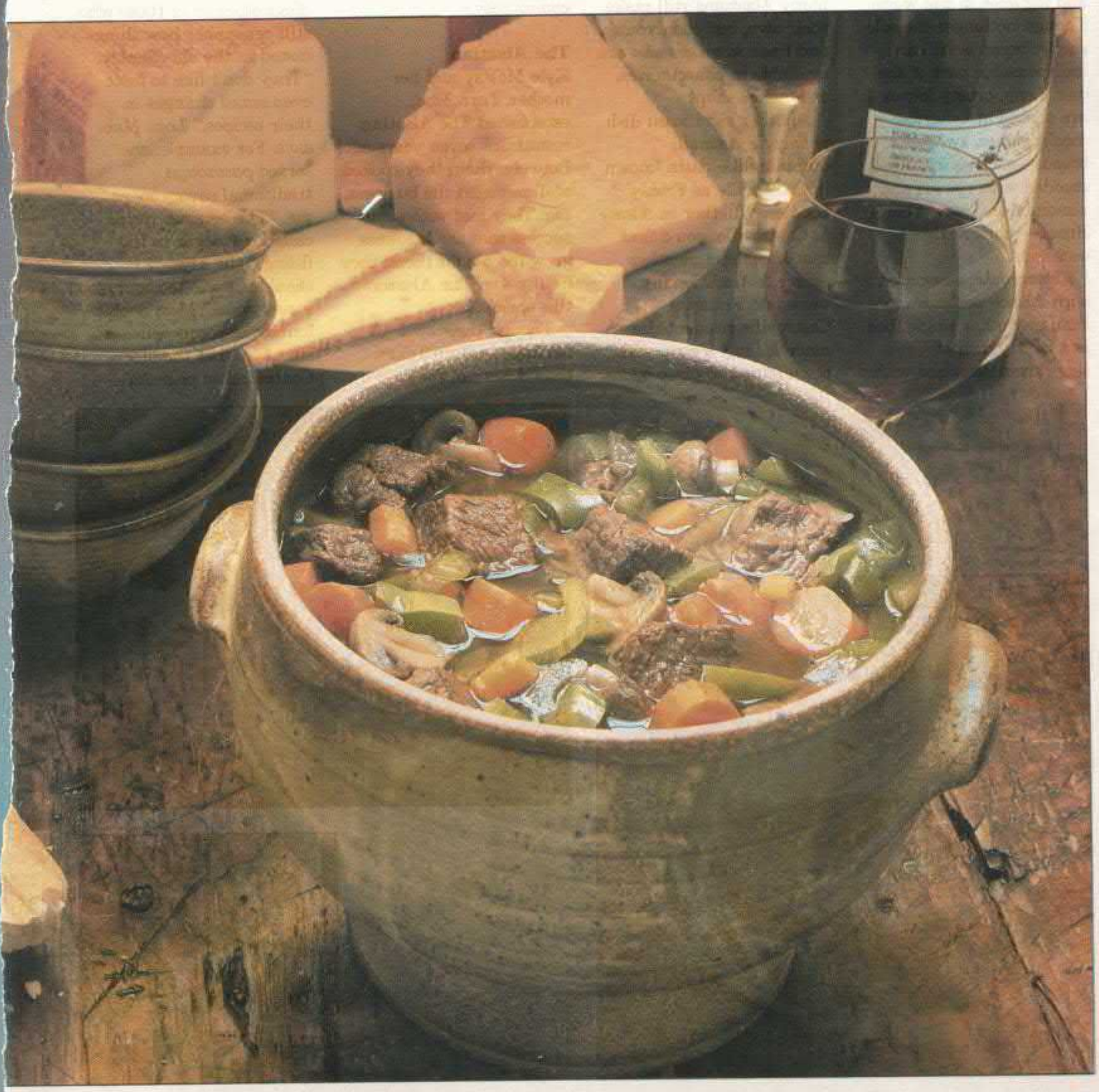
Castroville's chefs of Alsatian descent serve rich, robust foods reminiscent of old-world favorites.

**By Molly Culbertson**

If you were to visit the shops and restaurants in an Alsatian village in France, you'd discover an array of heady aromas and sample full-bodied foods that reflect the French and German heritage of the area. A tasting tour of Castroville, Texas, provides an equally tantalizing potpourri.

The ethnic influence in this community is enticingly evident in the town's eateries, many operated by men and women of Alsatian descent. Their offerings include foods prepared from generations-old recipes brought here by great-

*Visitors to Castroville can savor European-style foods such as* ***Beef Bourguignonne,*** opposite, *at local restaurants. At The Alsatian, above, a French menu is completed with crusty loaves of bread, slices of Muenster—the cheese Alsace is known for—and burgundy wine.* *(See recipe, page 121.)*



# Castroville, Texas

grandparents. Like the foods you'd find in Europe, these are replete with old-world relish.

Alsatian cuisine evolved from austere beginnings. Bread was once truly the staff of life, meagerly supplemented by fresh vegetables in the summer and legumes in the winter. Though no longer the sole staple, bread is still an indispensable part of the diet. Long, crusty loaves are shared at everyday meals; richer, sweeter breads—such as kugelhof, studded with raisins and almonds, and New Year's Bread—mark festive occasions.

Choucroute, associated with Alsace perhaps more than any other single food, is a hearty dish of sauerkraut seasoned with onions, garlic, and pepper, usually served with sausages. Peasants in days past started from scratch, preparing their own sauerkraut, and they served ample portions of it with as many homemade sausages as they could afford to make. Today, many Alsatians still make their own, but choucroute and fresh sausages also are available in charcuteries, or butcher shops.

Another significant dish is *knepfle,* a small, dumplinglike pasta known in Castroville as Friday noodles. Whether in Alsace or Castroville, you'd find that knepfle, a meatless entrée, is traditionally served on Fridays. Castroville residents have made it truly Texan with the addition of pinto beans.

When Alsatians settled in Castroville in the mid-1800s, they staved off hunger and homesickness with foods from the old country. Many second-, third-, and fourth-generation Europeans still preserve the flavor of France in this small Texas community.

**The Alsatian**

Kyle McVay and her mother, Lora Mae, established The Alsatian restaurant seven years ago. Between them they cooked and managed the business, too. They met with such success that the business grew too big for them; they finally sold The Alsatian this spring.

Though their own heritage is more Texan than Alsatian, they prepared and served authentic European recipes. "We got those recipes from people here who still cook the old way," Lora Mae says.

She adapted some of the recipes slightly for customers unaccustomed to the intense flavors—to the dissatisfaction of those who still remember how things tasted in the old country. "They don't like to taste even small changes in their recipes," Lora Mae says. For example, she served *pastada,* a traditional savory meat pie. "The original recipe calls for vinegar in the filling," she says. "I thought it was too sour, so I used wine." Most people found the result delicious, she says, "but the older

*Continued on page 120*

Above: *Jimmy Burell, proprietor of Dan's Meat Market, stands proudly behind some of the newly made Alsatian sausages he's just hung to dry.*
Above right: *Jimmy and his wife, Mary Louise, make* ***Parisa,*** *a mixture of freshly ground beef, cheese, onions, and lemon juice, to sell in the shop. This Castroville specialty is served with crackers as an appetizer.*
Right: *Haby's Alsatian Bakery offers an irresistible variety of European-style baked goods, including (clockwise from top left)* ***Anise Cookies; Kugelhof*** *and braided* ***New Year's Bread*** *(prepared from the same recipe); colorful* ***Anadama Bread;*** *and sweet, spicy* ***Pretzel Cookies,*** *made extra crispy for dipping in tea or coffee.*
Opposite: *Old-world offerings at The Alsatian restaurant include* ***Apple Sauerkraut*** *with* ***Fresh Alsatian Sausage*** *from Dan's Meat Market, European Rieslings, and* ***Pastada,*** *a meat-filled pie served with sautéed mushrooms.* *(Recipes begin on page 120.)*

**Beef and Mushroom Pie starts with San Francisco's Rice-A-Roni**

In 2 Tbsp. butter or margarine lightly brown rice and vermicelli from 1 pkg. Beef Flavor Rice-A-Roni. Add 1 lb. ground beef; finely crumble and continue browning. Stir in 2½ cups hot water, 1 (2 oz.) can sliced mushrooms, contents of Beef Flavor Packet, 1 tsp. salt, ¼ tsp. pepper. Cover and simmer 15 minutes. Cool slightly; stir in 2 well-beaten eggs. Fill 9" unbaked pie shell with Rice-A-

# FRANCE

*Continued from page 77*

people just don't like it."

The new owners plan to serve the same kinds of food, Lora Mae says.

**Sammy's Restaurant and Haby's Alsatian Bakery**

Sammy's Restaurant was once an icehouse built by Sammy Tschirhart's father and brothers, whose ancestors were born in Alsace. The Tschirhart family turned it into a drive-in years ago, offering burgers and ice cream. By the time Sammy and his wife, Yvonne, bought the establishment from Sammy's brother in 1958, it was an "all-around family-type restaurant," Yvonne says.

To complement their continental and American fare, Sammy and Yvonne served European-style breads from a shop across the street known as Haby's Alsatian Bakery. The bakery's windows boasted the kinds of baked goods often difficult to find in small-town America. "Mr. Haby learned baking from a German baker," Yvonne says. When Haby retired 12 years ago, the Tschirharts bought the bakery. "We wanted to keep his bakery and his good breads in Castroville," Yvonne explains. Today, the Tschirharts use Haby's recipes as well as those from Alsace; the selection still rivals that of many French patisseries, or bakeries.

**Dan's Meat Market**

A visit to Dan's Meat Market might make you forget you're in Texas: The shop recalls France's charcuteries. Frank Burell and his wife, both of Alsatian descent, opened the meat market in 1925. Their store was filled with the aromas that wafted from cold cuts, cheeses, and sausages seasoned with coriander and plenty of pepper.

Frank's son, Dan, took over the business in 1937; three decades later, he passed it on to his own son and daughter-in-law, Jimmy and Mary Louise, who supply customers with the same inviting selection. They also offer such local specialties as *parisa*, an appetizer prepared from raw beef. "It's like French steak tartare," also a raw-meat appetizer, Mary Louise says. "Everyone here eats it."

**A hearty banquet**

Like the food of Alsace, that of Castroville is simply good—not elegant, but exceptionally full-flavored and unusually robust. "People come here looking for good food," Lora Mae says, "and they know where to find it." Here are some of Castroville's favorites:

## Fresh Alsatian Sausage

**15 feet pork sausage casings**
**5 pounds untrimmed boneless pork shoulder, cut into 1½-inch cubes**
**1 pound boneless beef chuck, cut into 1½-inch cubes**
**5 teaspoons salt**
**1 tablespoon ground coriander**
**1 tablespoon pepper**
**2 teaspoons garlic powder**

Run water through casings; soak in water overnight in refrigerator. With coarse blade of food grinder, grind pork and beef together. Add salt, coriander, pepper, and garlic powder; grind again. Attach sausage stuffer attachment to mixer or grinder. Push a 3-foot piece of casing onto stuffer, letting some extend beyond end of attachment. Grind the meat mixture, filling casing till firm. (Tie with string every 4 inches.) Repeat with remaining meat mixture. Wrap and chill. To cook, simmer, covered with water, for 25 to 30 minutes. Makes 6 pounds.

## Parisa

**½ pound fresh lean beef sirloin**
**½ cup finely chopped onion**
**1 cup shredded American *or* cheddar cheese (4 ounces)**
**1 tablespoon lemon juice**
**Lemon wedges (optional)**

Grind beef; combine with onions and cheese. Sprinkle with lemon juice; season to taste with salt and pepper. Garnish with lemon wedges; serve with crackers. Makes about 2 cups.

## Beef Bourguignonne

**2 pounds boneless beef chuck, cut into 1-inch cubes**
**1 tablespoon cooking oil**
**2 large onions, coarsely chopped**
**2 cloves garlic, minced**
**½ teaspoon sugar**
**¼ teaspoon coarsely ground black pepper**
**⅛ teaspoon dried thyme, crushed**
**⅛ teaspoon dried marjoram, crushed**
**4 bay leaves**
**1 cup dry red wine**
**2 large green peppers, coarsely chopped**
**6 carrots, cut into ½-inch pieces**
**4 stalks celery, sliced**
**8 medium mushrooms, halved**

In a large Dutch oven brown meat, half at a time, in hot oil. Add onions, garlic, sugar, pepper, thyme, marjoram, bay leaves, and 1 teaspoon *salt.* Stir in wine and 3 cups *water;* simmer gently, covered, 1¼ hours or till meat is tender. Add vegetables; cover and simmer 30 minutes. Makes 8 servings.

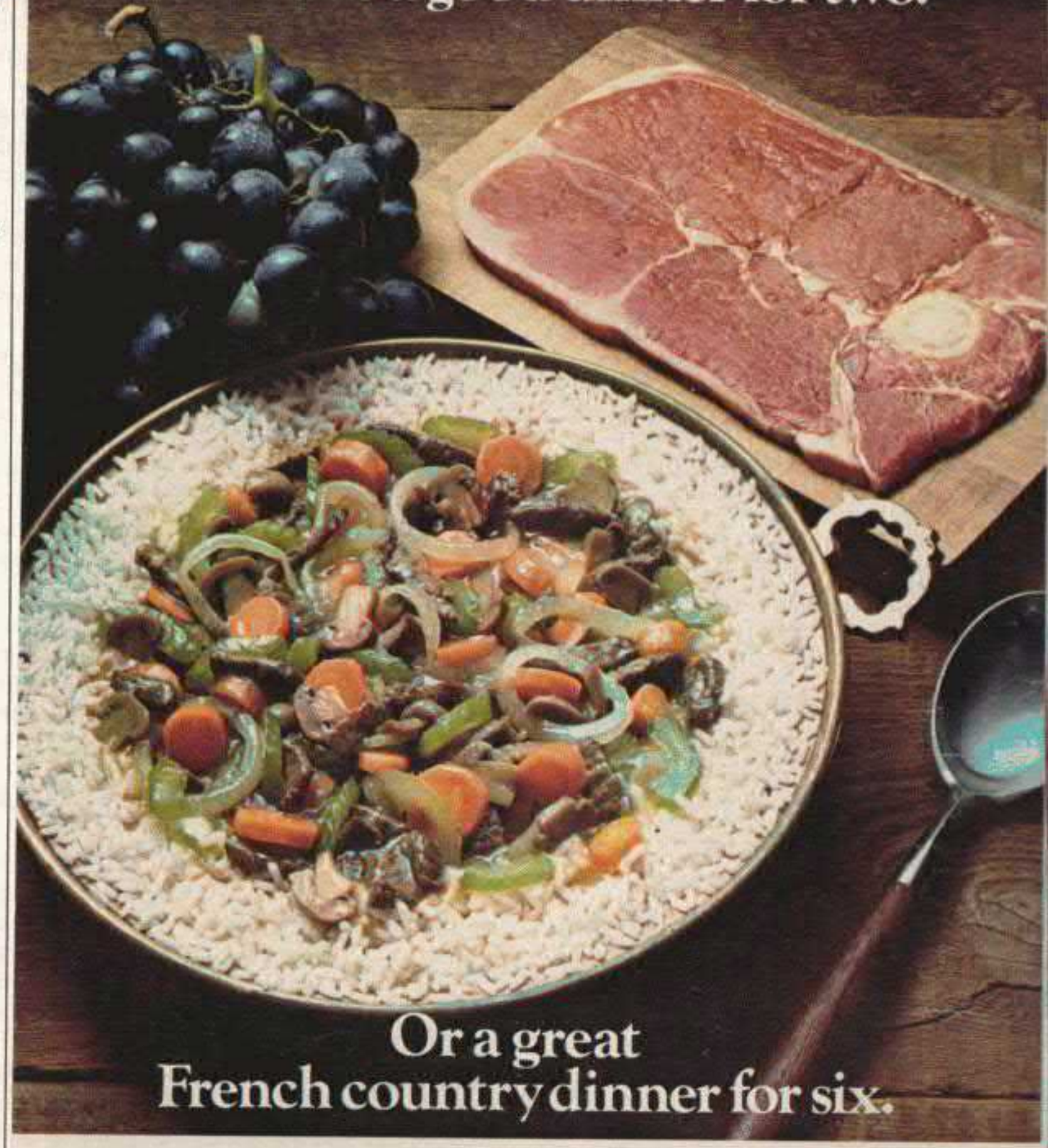
## Pastada

**1 pound lean ground pork**
**6 green onions, sliced**
**½ cup dry red wine**
**¼ cup snipped parsley**
**3 bay leaves**
**2 cloves garlic, minced**
**1 tablespoon all-purpose flour**
**Pastry for 2-crust pie**
**2 cups sliced fresh mushrooms**
**2 tablespoons margarine *or* butter**

Combine pork, onions, wine, parsley, bay leaves, garlic, ½ teaspoon *salt,* and ⅛ teaspoon *pepper.* Cover and chill. Stir in flour. In a large skillet cook mixture till meat is done. Drain; discard bay leaves. Line a 9-inch pie plate with *half* the pastry. Spoon in meat mixture; cover with remaining pastry. Seal and flute edge; cut slits in top. Bake in a 400° oven for 30 to 35 minutes. Let stand 10 minutes. Cook mushrooms in margarine till tender; serve with pie. Makes 6 servings.

*Continued on page 124*


# You can take this round steak and make a good dinner for two.



## Or a great French country dinner for six.

**Steak Burgundy**
4 cups hot cooked rice
1 pound lean beef round steak, thinly sliced in 1-inch strips
3 tablespoons vegetable oil
2 cups each sliced onions and carrots
⅓ cup Burgundy or other dry red wine
1¾ cups beef broth
1 can (4 ounces) sliced mushrooms and liquid
2½ teaspoons seasoned salt
1 tablespoon Worcestershire sauce
2 cups diagonally sliced celery
2 tablespoons cornstarch

While rice is cooking, saute steak in oil until brown. Add onions and cook 2 minutes longer. Stir in carrots, wine, broth, mushrooms with liquid, and seasonings. Bring to a boil. Reduce heat, cover, and simmer 10 minutes. Add celery and continue cooking 10 minutes longer. Dissolve cornstarch in ¼ cup water. Stir into meat mixture. Cook, stirring constantly, until thickened. Serve over beds of fluffy rice. Makes 6 servings.

For other menu-stretching recipes, write to:
Rice Council of America, Dept. B,
Box 22800, Houston, Texas 77027.

Name_____
Street_____
City_____
State_____ Zip_____

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# FRANCE

*Continued from page 121*

## Apple Sauerkraut

- **2 cooking apples, cored and cubed**
- **1 small onion, chopped**
- **2 tablespoons bacon drippings *or* butter**
- **½ teaspoon sugar**
- **⅛ teaspoon pepper**
- **1 32-ounce can sauerkraut, drained and rinsed**
- **1 to 2 pounds Fresh Alsatian Sausage, cooked (optional; see recipe, page 120)**
- **Peppercorns (optional)**

In a skillet cook the apples and onion in bacon drippings or butter till almost tender but not brown. Stir in the sugar and pepper. Pour the sauerkraut over the apple mixture; cover and cook on low heat about 30 minutes. Transfer to serving platter. Surround with cooked sausage and garnish with peppercorns, if desired. Makes 6 to 8 servings.

## Anadama Bread

- **½ cup yellow cornmeal**
- **2 cups shredded cheddar cheese (8 ounces)**
- **½ cup honey**
- **2 tablespoons shortening**
- **1 package active dry yeast**
- **⅔ cup warm water (120°)**
- **6 to 6½ cups all-purpose flour**
- **2 tablespoons margarine *or* butter, softened**
- **Paprika**
- **1 tablespoon margarine *or* butter, melted**
- **Yellow cornmeal**

In a saucepan combine ½ cup cornmeal, 1⅓ cups *water*, and ½ teaspoon *salt*. Cook and stir till thickened and bubbly. Remove from heat. Stir in cheese, honey, and shortening till shortening is melted; let cool. In a large mixer bowl dissolve yeast in warm water. Stir in cornmeal mixture. Add *2 cups* of flour; beat on low speed for 30 seconds. Beat on high speed for 3 minutes. Stir in as much of the remaining flour as you can. Knead in remaining flour to make a moderately stiff dough that is smooth and elastic. Place in a greased bowl; turn once. Cover; let rise in a warm place till double. Punch down; divide in half. Cover; let rest 10 minutes. Working with half at a time, on a lightly floured surface roll to a 12x9-inch rectangle. Spread with *half* the softened margarine; sprinkle with paprika. Roll up, jelly-roll style, starting with a short side. Seal. Place seam side down in a greased 9x5x3-inch loaf pan. Brush with melted margarine; sprinkle with cornmeal. Repeat with remaining half. Cover; let rise till double. Bake in a 350° oven about 50 minutes. Remove from pans; cool on rack. Makes 2.

## New Year's Bread

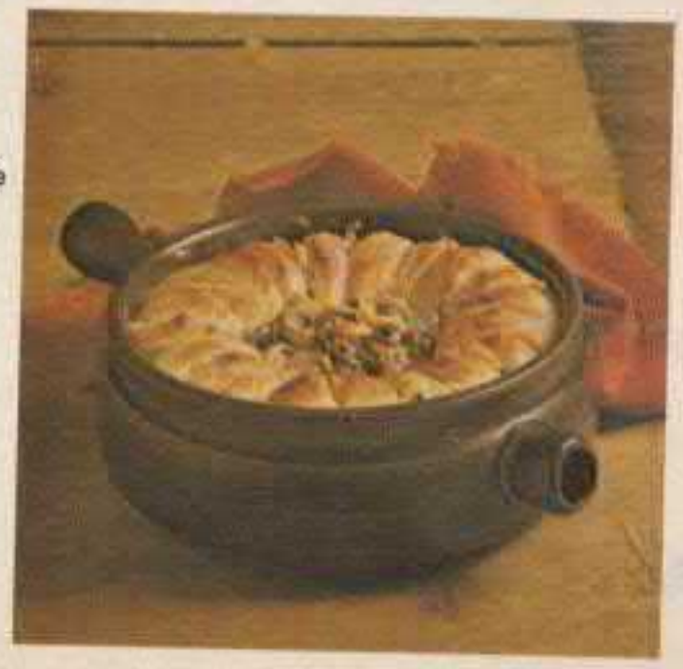
- **2 packages active dry yeast**
- **½ cup warm water (110°)**
- **¾ cup all-purpose flour**
- **2 beaten eggs**
- **½ cup margarine *or* butter, melted**
- **¾ cup sugar**
- **1 teaspoon vanilla**
- **2 cups milk, scalded and cooled to lukewarm**
- **7½ to 8 cups all-purpose flour**
- **1 cup raisins**
- **1 beaten egg**
- **2 tablespoons sugar**

Dissolve yeast in warm water; stir in ¾ cup flour. Cover; let stand in a warm place for 1 hour. In a large mixer bowl combine 2 eggs, margarine, ¾ cup sugar, vanilla, and 1 teaspoon *salt*. Add yeast mixture; mix well. Add milk and *2½ cups* flour. Beat at low speed of electric mixer for ½ minute. Beat 3 minutes at high speed. Stir in raisins. Stir in as much remaining flour as you can mix in with a spoon. On a floured surface knead in enough remaining flour to make a soft dough. Cover; let rise in a warm place till double. Punch down; divide in half. Divide each half into 3 pieces. Cover; let rest 10 minutes. Roll each piece into a 16-inch rope. On a greased baking sheet, braid 3 ropes together. Cover; let rise till double (30 to 45 minutes). Combine beaten egg and 2 tablespoons sugar; brush over braids. Bake in a 325° oven for 30 to 35 minutes. Cool on rack.

To make Kugelhof, grease and flour two 12-cup kugelhof pans. Arrange

## STACK-A-BISCUIT STROGANOFF

- **Finalist—1969, 20th Bake-Off**
- **Family pleasing main dish with creative biscuit topping!**



1 lb. ground beef
1 can (4 oz.) mushrooms, drained
1 can (3⅛ oz.) French fried onions
1 can (10⅞ oz.) condensed cream of mushroom soup
⅓ cup dairy sour cream
1 can (9⅞ oz.) Pillsbury Refrigerated Big Tenderflake Buttermilk Flaky Biscuits

**Topping:**
⅓ cup dairy sour cream
1 egg
1 teaspoon celery seed
½ teaspoon salt

**OVEN 375°** **6 SERVINGS**

Brown ground beef, drain. In an ungreased 2½ or 3-quart deep casserole, combine ground beef, mushrooms, and all but ½ cup French fried onions, toss lightly. Bring undiluted mushroom soup to a boil; stir in sour cream. Separate dough into 10 biscuits. Cut each biscuit in half crosswise forming 20 half circles. Pour warm soup mixture evenly over meat; immediately arrange biscuits, cut-side down, in a circle around edge of casserole. Sprinkle remaining onions between biscuits. Pour Topping over biscuits. Bake at 375° for 25 to

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toasted *whole almonds* in bottom of pans. Shape each half of dough into a 12- to 14-inch rope; place in pan, pinching ends together. Bake in a 325° oven for 35 to 40 minutes. Remove from pans; cool on rack. Sprinkle with *powdered sugar.* Makes 2 loaves.

## Pretzel Cookies

- ¼ cup margarine *or* butter, softened
- 3½ cups sugar
- 4 eggs
- 4 cups all-purpose flour
- 1 cup ground pecans (4 ounces)
- ½ teaspoon ground allspice
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cloves
- ½ teaspoon ground nutmeg
- 1 beaten egg

In a mixer bowl beat margarine for 30 seconds. Gradually add sugar, beating constantly till well combined. Beat in 4 eggs. Combine flour, pecans, spices, and ¼ teaspoon *salt.* Add to margarine mixture about 1 cup at a time, beating after each addition till smooth.

On a floured surface, roll dough to a 12x15-inch rectangle. Cut into 12x¼-inch strips; twist into pretzel shapes. Place on greased baking sheet. Combine 1 egg and 1 tablespoon *water;* brush over pretzels. Bake in a 375° oven for 12 minutes. Makes about 50.

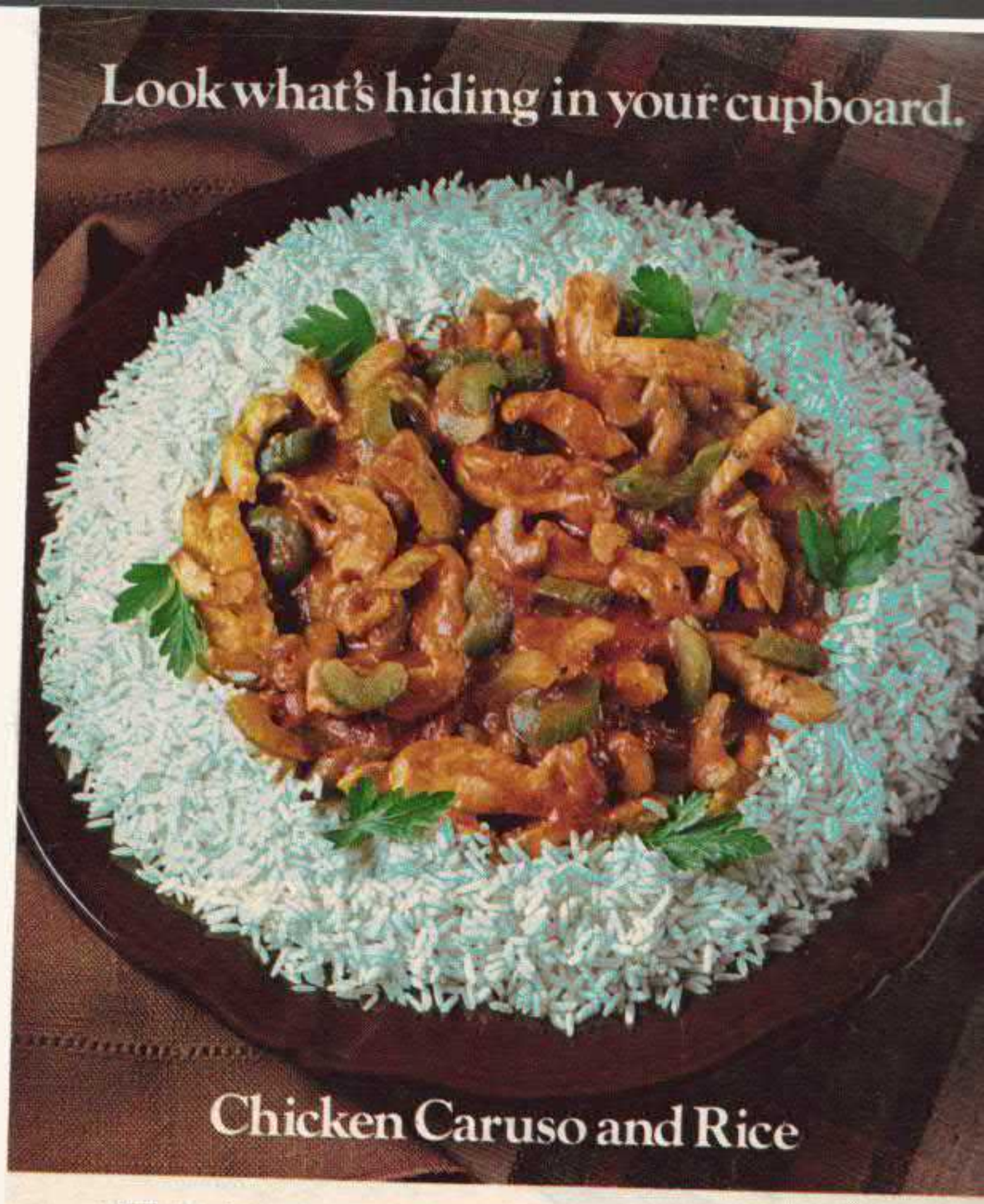
## Anise Cookies

- 6 eggs
- 2 cups sugar
- 3 cups all-purpose flour
- ½ to 1 teaspoon anise oil
- 2 tablespoons aniseed

Beat eggs till frothy. Add sugar; beat till thick and lemon colored. Beat in flour, anise oil, and aniseed. Drop by rounded tablespoonfuls onto baking sheets lined with greased parchment paper; let stand, uncovered, overnight. Bake in a 300° oven for 20 minutes. Makes about 40 cookies. □

*For help in finding Alsatian food in Castroville, refer to the Buying Guide.*




A little rice can turn ordinary chicken into a delicious, hearty meal the whole family will love. Rice makes your dishes go further and taste better. It even makes them look more appealing.

And you can use rice in many different ways: as a side dish, in casseroles, desserts, mixed with vegetables, even in salads. So whenever you want a quick and easy, good-tasting meal—remember rice. Then see what's hiding in your cupboard.

### Chicken Caruso and Rice

2 whole chicken breasts (about 1½ pounds), skinned, boned, and cut in thin strips
Garlic salt and pepper
3 tablespoons butter or margarine
1 jar (15½ ounces) spaghetti sauce (2 cups)
1 teaspoon Italian seasoning
2 cups sliced celery
3 cups hot cooked rice

Season chicken with garlic salt and pepper. Saute in butter about 2 minutes. Stir in spaghetti sauce and Italian seasoning; cover and simmer 10 minutes. Add celery; continue cooking until celery is tender crisp. Serve over beds of fluffy rice. Sprinkle with grated Parmesan cheese, if desired. Makes 6 servings.

For more easy-to-make rice recipes, write to:
Rice Council of America, Dept. M,
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**Get the Rice out.**

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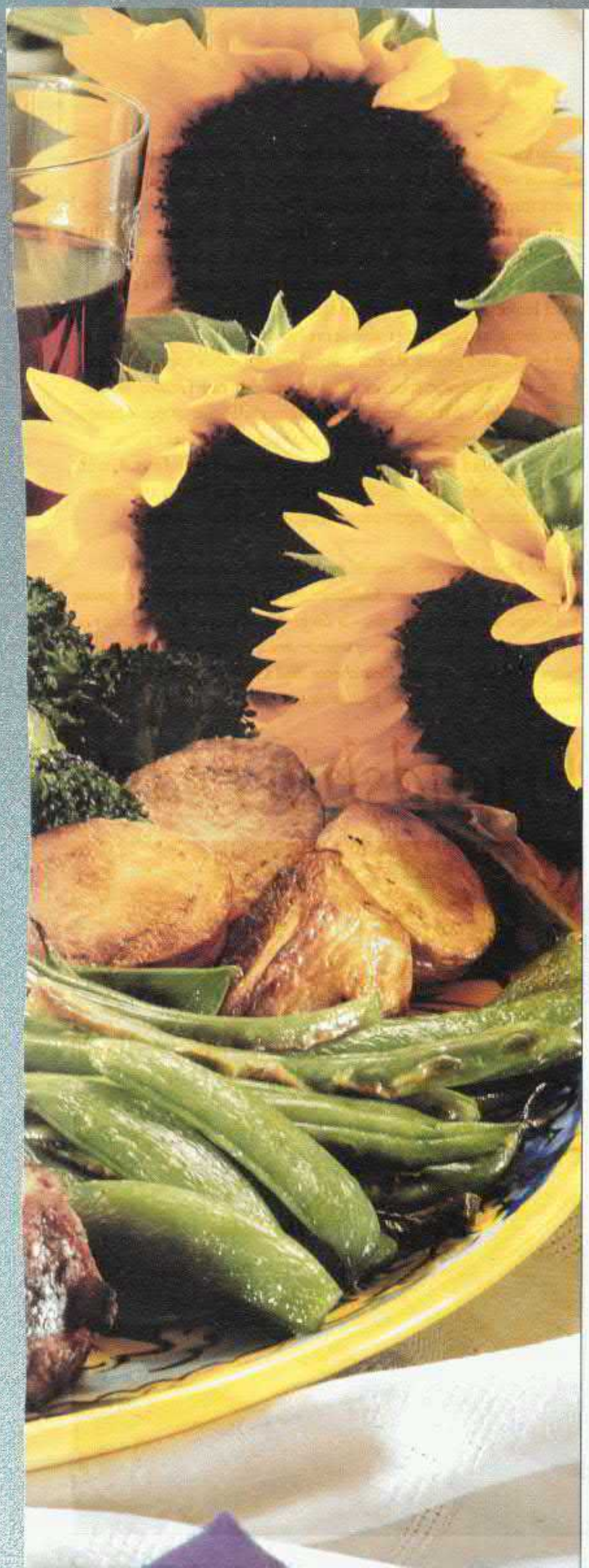

For years, Mauny Kaseburg and her closest friends have been gathering for dinner about once a month in the big house on Federal Avenue. Mauny, the main cook, requires only one thing of these evening retreats: Leave all worries at the door. The rest takes care of itself. "The whole table will be set, everybody shoulder to shoulder, and it will go on for hours—people laughing and talking," she says. "To me, that has more to do with entertaining than the kind of linens and the kind of crystal you use. It has to do with human connection."

Mauny looks forward to these nights as if they were holidays, and, in a way, they are. The entire group, about 15 in all, gets together to honor everything from birthdays to promotions. Some months they have to invent an occasion, but they always find a reason to celebrate.

*"There's something sensual about cooking, and it goes beyond being hungry," Mauny says.*

The Seattle home where they gather belongs to friend Margot Kenly. Mauny has cooked here so often, though, she knows it as if it were hers. "Everyone has their own thing they do," Mauny says. "Margot offers her house and wines she makes herself, Jan and Tom bring hors d'oeuvres, Clare washes dishes, Marty brings the bread. I love to cook. It's my way of giving to people. And my friends are such a receptive audience." A self-admitted performer and compulsive cook, Mauny always has enjoyed preparing food

Preceding pages: *Washington State wines and cheeses are some of Mauny Kaseburg's favorite accompaniments to a meal.*
Above: *Mauny samples the hors d'oeuvres before dinner.*
Left: ***Grilled Lamb with Garlic and Rosemary*** *gets extra zing from* ***Mint-Cilantro Pesto****, made with Mauny's garden herbs.* ***Oven-Blasted Vegetables*** *cook at high heat for a grilled taste.*

# *Friendship Feasts*

for people. "To me," she says, "there's something sensual about cooking, and it goes beyond being hungry. It's bigger than just putting something on the table and having something to eat."

Mauny has lived that philosophy to an even greater degree in the past few years, since she's discovered a new pastime—gardening. Across the street from the apartment she shares with her teenage daughter, Nina, she rents two plots of city land, called pea patches, where she grows fruits, vegetables, herbs, and flowers. The city accumulates these small areas of land all over Seattle from people who no longer want them. After the city tills the soil, residents sign up for quarter, half, or full lots for a season or year-round.

In pea patch areas such as Mauny's, which used to be an old apple orchard, the gardens overflow with produce. "In June and July, it's the most incredible sight," she says. "In the early mornings when I come out here, I can almost hear things growing." Strawberries grow in multitudes along the garden floor, and tomatoes hang on the vines. Garlic chives, Greek oregano, rosemary, mints, sage, savory, tarragon, lavender, and lemon verbena thrive in the herb bed that everyone shares in the center of the patches. "It's remarkable to be able to come here and cut fresh lavender," Mauny says. "I love to go from plant to plant and smell everything—people might think I'm crazy."

From this utopian city spot, Mauny collects almost all the ingredients with which she likes to cook. Cherry tomatoes she slices in half, seeds, then marinates in garlic, olive oil, basil leaves, and balsamic vinegar for *Cherry Tomato Bruschetta*, an appetizer she serves with grilled bread. Or, she seeds and grates Roma tomatoes for fresh tomato sauce, some of which she freezes for winter. For her *Grilled Walla Walla Onions*, Mauny marinates then grills the sweet onions until they caramelize. In early summer, she prefers to use halves of salad onions, the small bulbs that ripen first. Later, in August, she slices the larger onions when they're yellow and mature. Her vegetables, namely pea pods, potatoes,

Above: *Friends gather outside for wine and conversation.*
Opposite: *The mussels in* ***Mediterranean Mussels with Linguine*** *are* Mytilus galloprovincialis*—a large Northwestern breed that is delicious in summer. Other varieties are less tasty at that time.*
Below: ***Cherry Tomato Bruschetta*** *and* ***Grilled Walla Walla Onions****, both served with grilled bread, make easy appetizers.*

# *Friendship Feasts*

# How far do you have to go to enjoy a cup of coffeehouse coffee?

## (Well, how far away is your coffeemaker?)

new

Wouldn't it be great if you could enjoy the kind of coffee they serve at coffeehouses in the comfort of your own home? Well, now you can. Introducing new MAXWELL HOUSE® Italian Espresso Roast.

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**New Maxwell House** GOOD TO THE LAST DROP **Italian Espresso Roast**

# To Market, To Market

By Michelle M. Kenyon. Photographs by Perry Struse.

Kitty Morse *picks up produce at the Vista, California, farmers' market,* OPPOSITE. *With the rosemary she buys she'll make mild* **Roasted Garlic with Rosemary Feta Sauce on French Bread**, LEFT, *topped with sun-dried tomatoes. On her tour of farms,* ABOVE, FROM LEFT, *Kitty visits growers George Cunningham, Tom Cooper, and Margo Baughman on their farms in San Diego County.*

Cookbook author Kitty Morse visits the farms and farmers' markets of California, where the magic of fresh food

**Cold Tomato Soup**, *a refreshing mix of tomatoes, herbs, red sweet peppers, cucumbers, and avocados,* ABOVE, *gets tang from a yogurt swirl.*

*At the market,* ABOVE FROM TOP RIGHT, *'Sunburst' and other pattypan summer squash, peppers, eggplant, flowers, and seafood abound.*

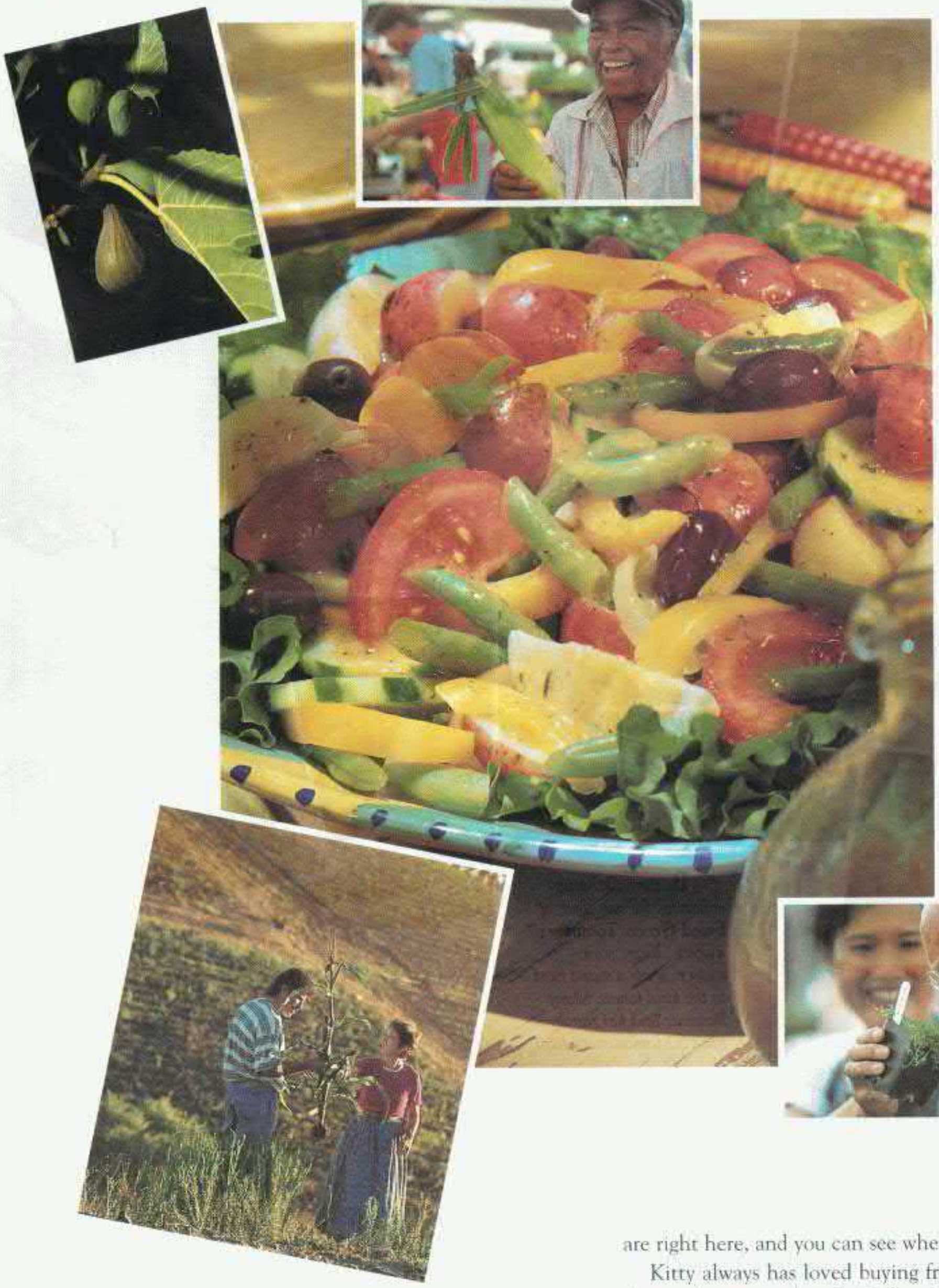
"I love it here," Kitty says. "It's chaos, but I feel right at home."

Every Saturday morning in San Diego County, the vacant parking lot behind City Hall becomes a marketplace teeming with people and produce. This is Kitty Morse's culinary cornucopia: the Vista, California, farmers' market. Under makeshift awnings, old-fashioned lettuces show off their leafy heads beside corn on the cob, summer squash, and bell peppers. Succulent figs, ripe tomatoes, and spicy chilies spill over each other in piles. Tart green nopales, the leaves from the prickly pear cactus, fall in line alongside leathery cherimoyas, the tropical fruit whose flavor resembles a mix of mangos, pineapples, and strawberries. Tangerines and lemons overflow baskets next to white *sapotes*, a soft fruit from Mexico with the flavor of sweet custard. At the other end of the market, fresh swordfish, shrimp, and sea bass lie on icy beds in coolers.

Kitty scans the aisles, filling her straw basket with fruits, flowers, and vegetables, envisioning new recipes she will try when she brings her gifts home. At each stand, she talks to the farmers, sometimes in broken phrases of French or Spanish, exchanging recipes and learning new crop varieties. "I love it here," Kitty says. "It's chaos, but I feel right at home. It's my social event of the week."

The sky on this Saturday is hazier than most days in Southern California, but the red, green, and blue stands

# To Market, To Market



**Kitty's *Salade Niçoise***, LEFT, *is her own favorite recipe for a Saturday lunch following a visit to the market. The zesty salad combines fresh vegetables with a tart mustard-garlic vinaigrette. Figs,* TOP LEFT, *hang on the vine at Margo and Dick Baughman's farm. At her produce stand,* TOP RIGHT, *Katrina Fields jokes with customers. Pio Pérez,* BELOW LEFT, *shows Kitty fresh corn from the farm. Suilin Robinson,* BELOW, *offers Corsican mint to a buyer at the Vista market.*

brighten the lot like umbrellas at the beach, forming a welcoming path for newcomers and old friends.

Kitty is definitely an old friend of the Vista market. A cookbook author and food writer, she first was drawn here 10 years ago because it reminded her of the *souks*, or outdoor markets, she visited as a child in her native Morocco. "The shopping, the open air, everything spilling out where you can touch it and feel it and smell it—it's just like at the souks," she says. "At the market, though, it's one step further. The farmers are right here, and you can see where the food comes from."

Kitty always has loved buying fresh ingredients and mixing them to bring out their fresh-from-the-earth flavors. Her salade niçoise combines a multitude of the market's gifts: green beans, tomatoes, peppers, cucumbers, olives, and new potatoes, all drizzled with a mustard-garlic vinaigrette. "I have a tendency to throw in whatever I have," Kitty says. "For me, cooking is a very informal thing. It releases me from all the rules. It's like writing or painting with different flavors and colors."

Kitty became so inspired by the immense palette of California crops and the people she met at the market who grow and cook them that she spent two years driving the state's

**Buttermilk batter** *enhances the tart taste of* **Fried Green Tomatoes**, ABOVE. *Kitty,* FAR RIGHT, *visits a stand next to the land where Mary Borevitz and her family raise 50 tomato varieties.*

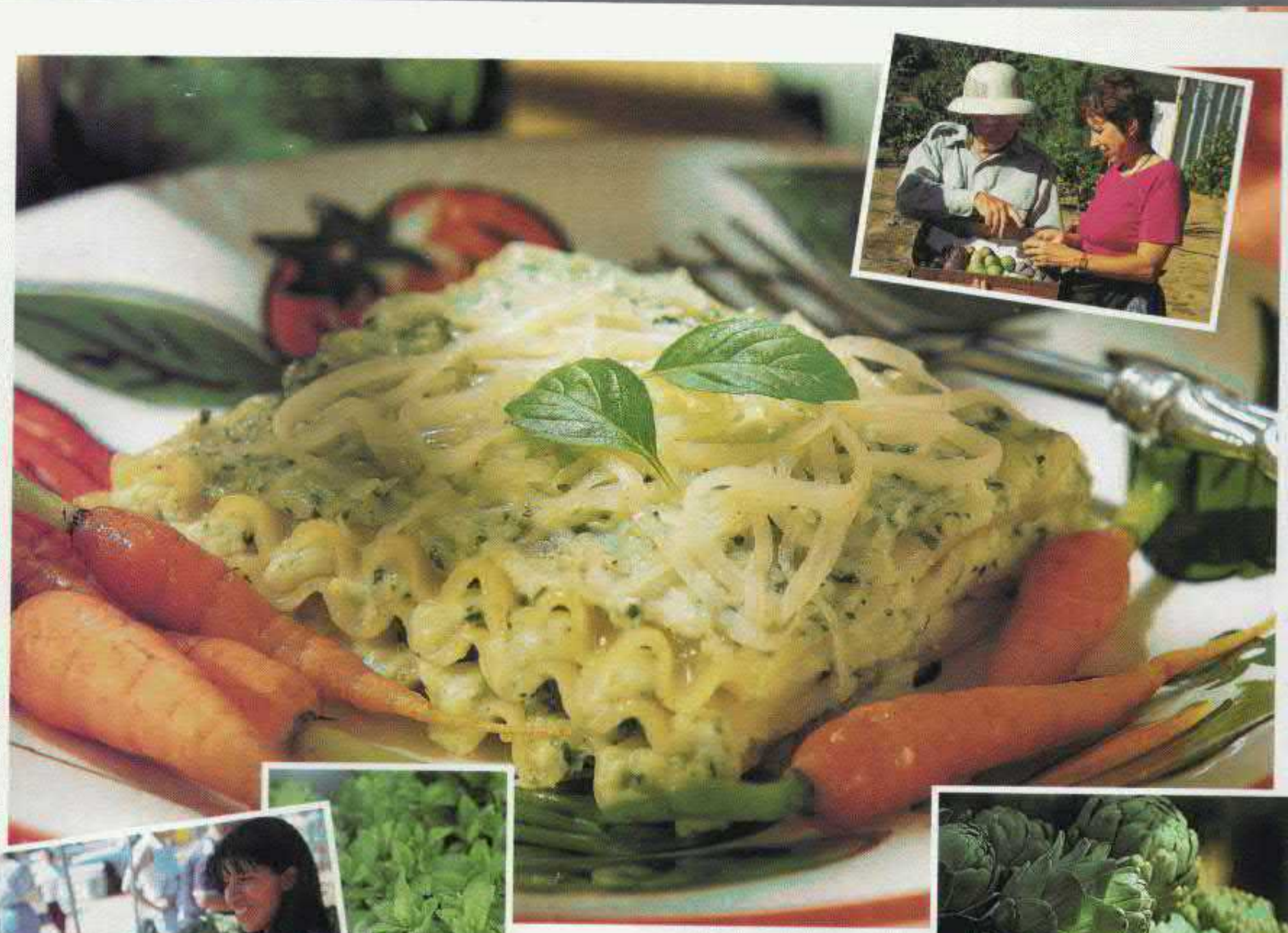
# To Market, To Market

## Many growers stand out in Kitty's mind, but the ones she remembers most are wonderful cooks.

byways meeting farmers, touring their farms, and collecting their favorite home recipes. The final product of her journeys, THE CALIFORNIA FARM COOKBOOK, lies close to her heart.

"The farmers have changed my life," Kitty explains. "Before moving here, I was a city person. I grew up in Casablanca, and I never went out to a farm except on the weekends with friends. When I discovered the farms and the markets, it was a revelation."

The growers who create delicious dishes from their own harvests touched her most strongly. "All the farmers I met are memorable," says Kitty, "but the people who stick in my mind most are those people who are also wonderful cooks." Gale Cunningham, for instance, bakes batches of her sweet lemon bars with a melt-in-your-mouth pecan crust. Her plot of lemon trees provides the perfect fruit. Jane Yasukochi, who helps run the farm her family has owned for seven decades, often prepares her tangy fried green tomatoes with a touch of melted Parmesan cheese when friends stop by for a visit. Gemma Sciabica makes her tart green tomato pizza with homemade olive oil that pours "so clear it looks like honey," says Kitty. And, Carolyn Tognetti serves her Italian grandmother's creamy three-cheese lasagna with homemade pesto when she's craving a hearty summer ➤



Rich and creamy ***Pesto-Alfredo Lasagna***, ABOVE, *blends pesto with three kinds of cheeses. Farmer Dick Baughman,* TOP RIGHT, *explains varieties of Kitty's favorite fruit—figs.*

## To Market, To Market

"Farming is creative and so is cooking. These people do both exceptionally well," Kitty says.

meal. "Farming is creative and so is cooking," Kitty says. "These people do both exceptionally well."

The farmers' creativity in the kitchen led Kitty to some of the most delectable meals in her life. In the warm, fertile hills around the historic San Luis Rey mission, friends Andrea Peterson and Pio Pérez organically grow raspberries, mangos, lettuces, corn, and a variety of beans, including yellow wax beans, pencil-thin haricots verts, and purple beans. Though the days are long and full of hard work, Andrea regularly invites people for dinner and cooks up whatever she has on hand. On this night when Kitty arrives, Andrea prepares one of her own special recipes, sheepherder pie. The aroma of earthy vegetables and warm, crusty bread mingles with the cool night air on the porch where dinner is served with red wine.

Often dinner talk turns to food—who is growing what in which valley and who has come up with another new recipe. Expertise lies in abundance here, and people are always willing to share. "In our small area of the country, there are world experts on one subject," Kitty says. "It's a passion to them—the one perfect cherimoya or the perfect fig. Talking to the farmers is like opening the pages of an encyclopedia."

Dolly Fiddyment and her family, for instance, are experts on ➤

**Pizza with Caramelized Onions, Macadamia Nuts, and Gorgonzola Cheese**, ABOVE, *makes a savory appetizer or meal. Kitty,* TOP LEFT, *discusses crops with Gale Cunningham.*

# To Market, To Market

## Kitty loves entertaining. "Whatever is in season is on my table," she says.

the pistachio nut. Ask Dolly about her crop and she'll fill you with trivia, such as the fact that pistachios first shipped to the United States were dyed red to hide flaws in the shells, which is why many people used to think the nuts were naturally red. Dolly also will divulge a host of pistachio recipes upon request. One specialty—a smooth, sweet pistachio ice-cream pie set in a crust of crumbled pistachio nuts and macaroon cookies—is a favorite of Kitty's in summertime.

Whatever Kitty learns from growers on her frequent visits to the farms, she brings that knowledge with her to the market each week, always watching for new crops and recipes. When she carries home her bag bulging with produce, she gets to work immediately, peeling, chopping, mixing, and sautéing. Fresh, homey scents fill her small kitchen with a hint of the sensual tastes to come.

Most likely, Kitty won't be eating alone, because her greatest joy is sharing her food with other people. "If I find something absolutely wonderful at the market, I'll call friends right then and have them over," she says. "Whatever is in season is on my table." And summer, for Kitty, is the best season of all. ❑

*Recipes begin on page 179. To order* THE CALIFORNIA FARM COOKBOOK *turn to Sources on page 208.*

# COUNTRY COOKING

**Sun-kissed berries, earthy vegetables, aromatic herbs—summer's long-awaited rewards are here. Let's celebrate.**

STAPLES

# To Market, To Market

*The following, except for the Salade Niçoise, are adapted from growers' recipes in Kitty Morse's book* The California Farm Cookbook.

## Raspberry Squares

*For this recipe, use your homemade berry preserves or a jar of grocery-store preserves.*

- ¾ cup butter, softened
- ½ cup sugar
- ¼ tsp. almond extract
- 1¾ cups all-purpose flour
- ½ cup pecans, finely chopped
- ¼ tsp. salt
- 1 8-oz. jar raspberry preserves (1 cup)
- ½ cup coconut

In a medium mixing bowl beat the softened butter, sugar, and almond extract until thoroughly combined. Add the flour, finely chopped pecans, and salt. Beat until the mixture resembles coarse crumbs. Reserve 1 cup of the flour mixture. Press remaining flour mixture into the bottom of an ungreased 13×9×2-inch baking pan. Spread the raspberry preserves evenly over crust. Sprinkle preserves with the reserved flour mixture and the coconut. Bake in a 350° oven for 25 to 30 minutes or until the crust and top are golden. Cool in the pan on a wire rack. Cut into bars. Makes 30.

## Pistachio Pie

*Dolly Fiddyment often stirs Grand Marnier or other fruity liqueur into the softened ice cream in this recipe. Pistachios, a relative of the cashew nut and the mango, are native to the Middle East and are a relatively new crop in California. You may store them for a year in a refrigerated airtight container.*

- 14 MACAROON COOKIES
- ¼ CUP UNSALTED PISTACHIOS
- 2 CUPS STRAWBERRIES, STEMS REMOVED
- ¼ CUP SUGAR
- 2 TSP. CORNSTARCH
- 1 TSP. LEMON JUICE
- 1 PINT FRENCH VANILLA ICE CREAM OR PISTACHIO ICE CREAM, SLIGHTLY SOFTENED
- ⅓ CUP COARSELY CHOPPED UNSALTED PISTACHIOS, OPTIONAL

Using a blender or food processor, blend or process a few macaroon cookies at a time until all are blended. Add ¼ cup pistachios; process until coarsely chopped. Press macaroon mixture into 9-inch pie plate. Set aside.

Mash strawberries with a fork; set aside. In a medium saucepan combine sugar and cornstarch. Stir in mashed berries and lemon juice. Cook; stir over medium heat until mixture is thickened and bubbly. Cook and stir 2 minutes more. Remove from heat; let cool completely. Spread mixture atop prepared crust. Freeze 30 minutes. Combine softened ice cream and ⅓ cup pistachios, if desired. Spread atop frozen berry mixture. Freeze 1 to 2 hours more or until firm. Let stand at room temperature 15 to 30 minutes before serving. To serve, top with *whipped cream, sliced strawberries*, and more chopped unsalted *pistachio nuts*, if desired. Makes 12 servings.

## Late Harvest Riesling and Walnut Ice Cream

*Alison Green at Firestone Vineyards simmers the wine for a few minutes to bring out its fruitiness, then cools it. For a special presentation, spoon the ice cream inside a pear half and sprinkle it with wine.*

- 1 CUP WALNUTS, CHOPPED
- 1 CUP FIRESTONE LATE HARVEST RIESLING
- 1 CUP HALF-AND-HALF
- ½ CUP GRANULATED SUGAR
- ½ TSP. VANILLA
- 6 EGG YOLKS, SLIGHTLY BEATEN
- 3 CUPS WHIPPING CREAM

In a 350° oven, toast walnuts on a baking sheet 8 to 10 minutes. Remove from oven; set aside. In a small saucepan, simmer wine 5 minutes; set aside to cool. In medium saucepan cook and stir half-and-half, sugar, and vanilla over medium heat until sugar is dissolved. Stir ½ cup of half-and-half mixture into beaten egg yolks. Return that mixture to saucepan. Cook and stir over low heat until mixture attains custard consistency. Remove mixture from heat; allow to cool. Stir in whipping cream, cooled wine, and toasted walnuts. Refrigerate 30 minutes or until well chilled; freeze in ice-cream machine according to manufacturer's directions. Makes 2 quarts.

## Lemon Squares

*Gale Cunningham at the Cunningham Organic Farm makes these tart bars with her homegrown Meyer lemons, which are sweet and juicy. If you can't get Meyers, use another kind and add a pinch of sugar.*

- ½ CUP BUTTER, SOFTENED
- ¼ CUP SIFTED POWDERED SUGAR

**P**istachio nuts and macaroon cookies combine in a crunchy crust in Dolly Fiddyment's **Pistachio Pie**, ABOVE. **Late Harvest Riesling and Walnut Ice Cream**, PREVIOUS PAGE, *tastes extra sweet with the Riesling's honey and apricot flavors.* **Lemon Bars** *and* **Raspberry Bars**, PREVIOUS PAGE, *showcase fresh fruits in two easy recipes.*

- 1 CUP ALL-PURPOSE FLOUR
- ½ CUP CHOPPED PECANS
- 2 EGGS
- ¾ CUP GRANULATED SUGAR
- 2 TSP. SHREDDED LEMON PEEL
- 2 TBSP. FRESHLY SQUEEZED LEMON JUICE
- 1 TBSP. ALL-PURPOSE FLOUR
- ½ TSP. BAKING POWDER
- ⅛ TSP. SALT
- POWDERED SUGAR

In a medium mixing bowl combine softened butter and ¼ cup powdered sugar; beat until smooth. Add 1 cup flour, beating at low speed until well combined. Stir in pecans. Pat in 9×9×2-inch baking pan. Bake in a 350° oven 15 to 20 minutes until edges are lightly browned. Cool slightly on wire rack.

In same bowl, beat eggs and granulated sugar at low speed until combined. Stir in peel, juice, 1 tablespoon flour, baking powder, and salt. Pour atop crust. Bake 20 to 25 minutes more or until golden. Remove from oven; run knife around edges to loosen. Cool on rack. Cut into squares; sprinkle with powdered sugar. Makes 16 to 20 bars.

## Kitty's Salade Niçoise

*Substitute any fresh vegetables you have on hand for this salad. It's Kitty's favorite dish to eat after a trip to the farmers' market.*

- 1 LB. WHOLE TINY NEW POTATOES, QUARTERED
- 1 LB. GREEN BEANS, CUT INTO 1-INCH PIECES
- 2 TSP. DIJON-STYLE MUSTARD
- 2 CLOVES GARLIC, MINCED
- 2 TBSP. RICE VINEGAR
- 2 TBSP. TERIYAKI SAUCE
- 1 TSP. SNIPPED FRESH TARRAGON OR ¼ TSP. DRIED TARRAGON, CRUSHED
- ½ CUP OLIVE OIL
- ¼ TSP. CRACKED BLACK PEPPER
- 2 RIPE TOMATOES, CUT INTO WEDGES
- 1 MEDIUM CUCUMBER, PEELED AND THINLY SLICED
- 1 MEDIUM SWEET ONION, CUT INTO THIN SLICES
- 2 HARD-BOILED EGGS, CHILLED AND QUARTERED
- 1 MEDIUM RED OR YELLOW SWEET PEPPER, SEEDED AND CUT INTO THIN STRIPS
- 12 KALAMATA OLIVES
- LEAF LETTUCE
- 1 6½-OZ. CAN CHUNK WHITE TUNA, DRAINED AND FLAKED, OPTIONAL

In a 3-quart saucepan cook potatoes and green beans in boiling salted water for 8 to 10 minutes or until potatoes are tender and beans are crisp-tender. Drain; set aside. For dressing, place mustard, garlic, vinegar, teriyaki sauce, tarragon, olive oil, and pepper in blender or food processor. Blend or process for 10 to 20 seconds or until thoroughly combined. Set aside.

To serve, toss together the cooked potato and bean mixture, tomatoes, cucumber, and onion. Place a fourth of the mixture on each of 4 lettuce-lined salad plates. Garnish salad with egg quarters, pepper strips, and kalamata olives. If desired, top salad with tuna. Drizzle with dressing just before serving. Serves 4.


STAPLES

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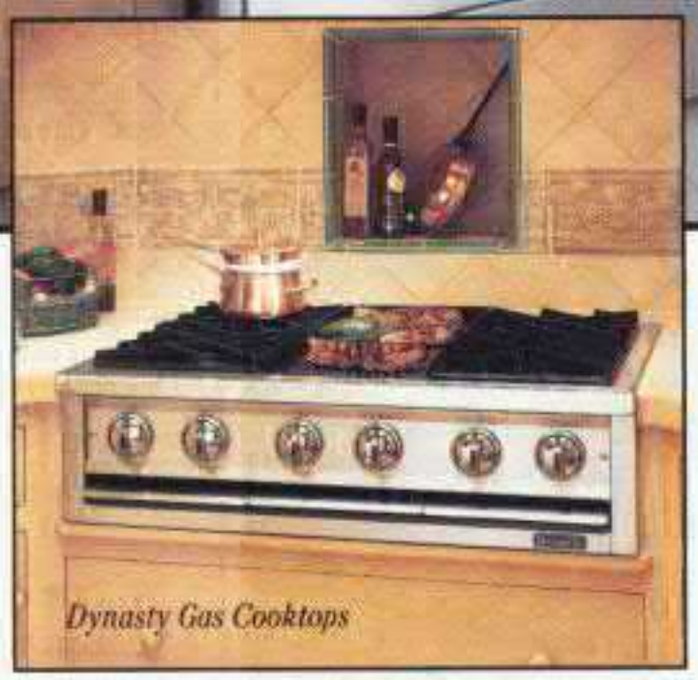

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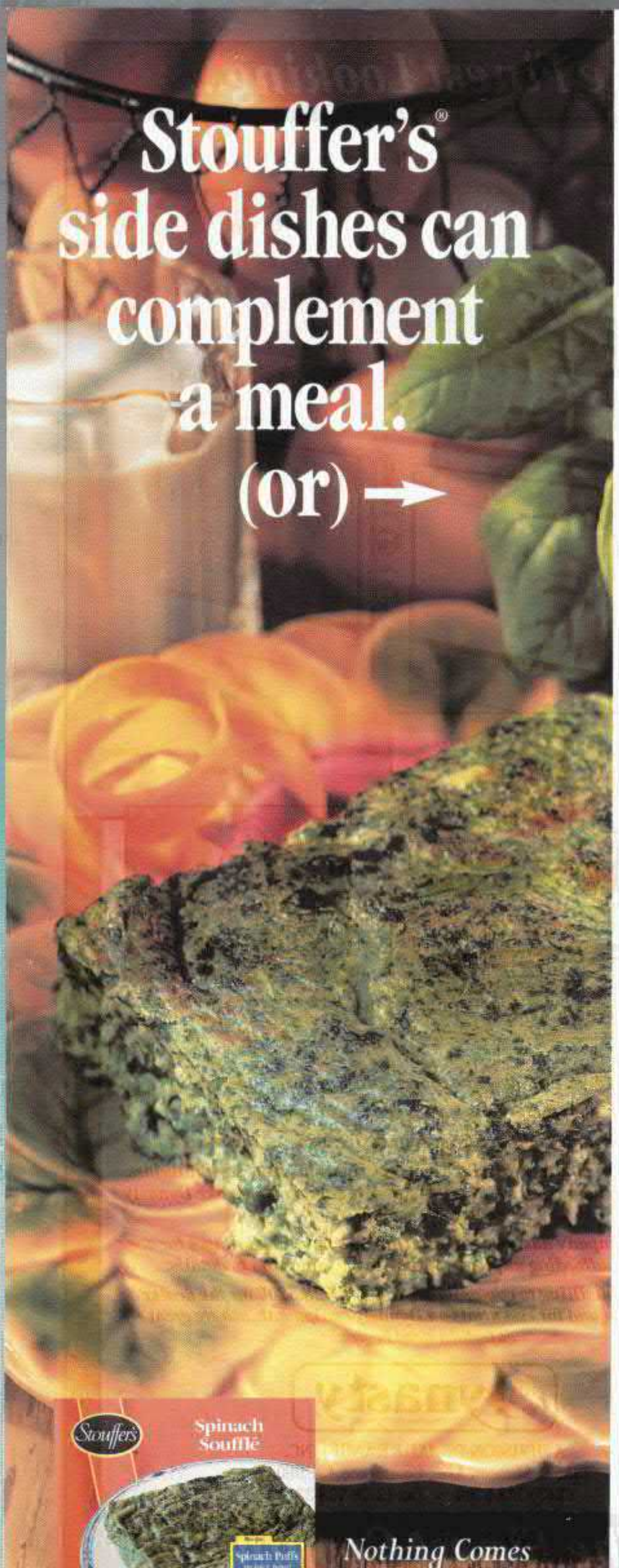




## Cold Tomato Soup

*John Ash, chef at Fetzer Vineyards Wine and Food Center in Valley Oaks, California, created this garden-fresh recipe. John uses a handheld food mill to purée the tomatoes. A blender or food processor also will work, though the soup base will be frothier.*

- 3 LBS. RIPE TOMATOES, COARSELY CHOPPED
- ½ TSP. SALT
- ½ TSP. BALSAMIC VINEGAR
- ¼ CUP FINELY CHOPPED RED ONION
- 2 TBSP. FINELY CHOPPED RED SWEET PEPPER
- 2 TBSP. FINELY CHOPPED, PEELED, AND SEEDED CUCUMBER
- 2 TBSP. FINELY CHOPPED AVOCADO
- 2 TBSP. FINELY SNIPPED FRESH BASIL
- 2 TSP. FINELY SNIPPED FRESH MINT
- ⅓ CUP PLAIN YOGURT

Press chopped tomatoes through a food mill; discard the seeds and skin. Stir salt and vinegar into tomato mixture; cover and chill. Before serving, stir in the red onion, red sweet pepper, cucumber, avocado, basil, and mint. Garnish each serving with *1 tablespoon* of yogurt swirled through the soup with a knife. Makes 6 servings.

Note: If you do not have a food mill, peel and seed tomatoes, then process peeled and seeded tomatoes in a food processor until smooth. Continue as directed above.

## Fried Green Tomatoes

*Dry buttermilk salad dressing mix lends tang to these fried green tomatoes. This easy, old-fashioned recipe comes from Jane Yasukochi of Valley Heights Ranch.*

- ¼ CUP ALL-PURPOSE FLOUR
- 2 EGG WHITES, SLIGHTLY BEATEN
- 2 TSP. DRY BUTTERMILK DRESSING MIX
- ½ CUP FINE DRY BREAD CRUMBS OR CORNMEAL
- 3 MEDIUM GREEN TOMATOES, CUT INTO ¼-INCH SLICES
- 4–6 TBSP. COOKING OIL

Place the flour in a shallow dish; set aside. Combine the egg whites and dry buttermilk dressing mix in another shallow dish; set aside. Place the fine bread crumbs or cornmeal in another shallow dish. Coat each green tomato slice with flour, dip the tomatoes in the egg mixture, then coat the tomatoes with the bread crumbs or cornmeal.

In a large skillet, heat *2 tablespoons* of the cooking oil over medium heat. Arrange a single layer of the coated tomato slices in the skillet; cook for 2 minutes on each side or until the tomato slices are golden brown on both sides. Remove tomatoes from skillet. Cook remaining tomato slices, adding additional oil to skillet as needed. Sprinkle fried tomatoes with freshly shredded *Parmesan cheese*, if desired. Makes 4 side-dish servings.

## Pesto Alfredo Lasagna

*This rich, creamy lasagna is a favorite of Carolyn Tognetti, who runs her garlic store, Garlic World, in Gilroy, California, the self-proclaimed Garlic Capital of the World. The recipe is a hand-me-down from her Italian grandmother.*

- 12 LASAGNA NOODLES
- 2 CUPS LIGHTLY PACKED FRESH BASIL LEAVES
- 1 CUP LIGHTLY PACKED FLAT-LEAF PARSLEY LEAVES
- 16–20 CLOVES GARLIC (1½ TO 2 BULBS)
- ⅓ CUP OLIVE OIL
- ¼ CUP BUTTER
- ¼ CUP ALL-PURPOSE FLOUR
- 2 CUPS MILK, HALF-AND-HALF, OR LIGHT CREAM
- 1 CUP FINELY SHREDDED PARMESAN CHEESE
- 6 OZ. SHREDDED MOZZARELLA CHEESE (1½ CUPS)
- 6 OZ. SHREDDED MONTEREY JACK CHEESE (1½ CUPS)

Cook lasagna noodles according to package directions; drain well. Meanwhile, in a blender container or food processor bowl combine basil, parsley, garlic, and oil; cover and blend or process until nearly smooth. Transfer half of pesto sauce to freezer container; cover, label, and freeze for another time. Set remaining pesto sauce aside.

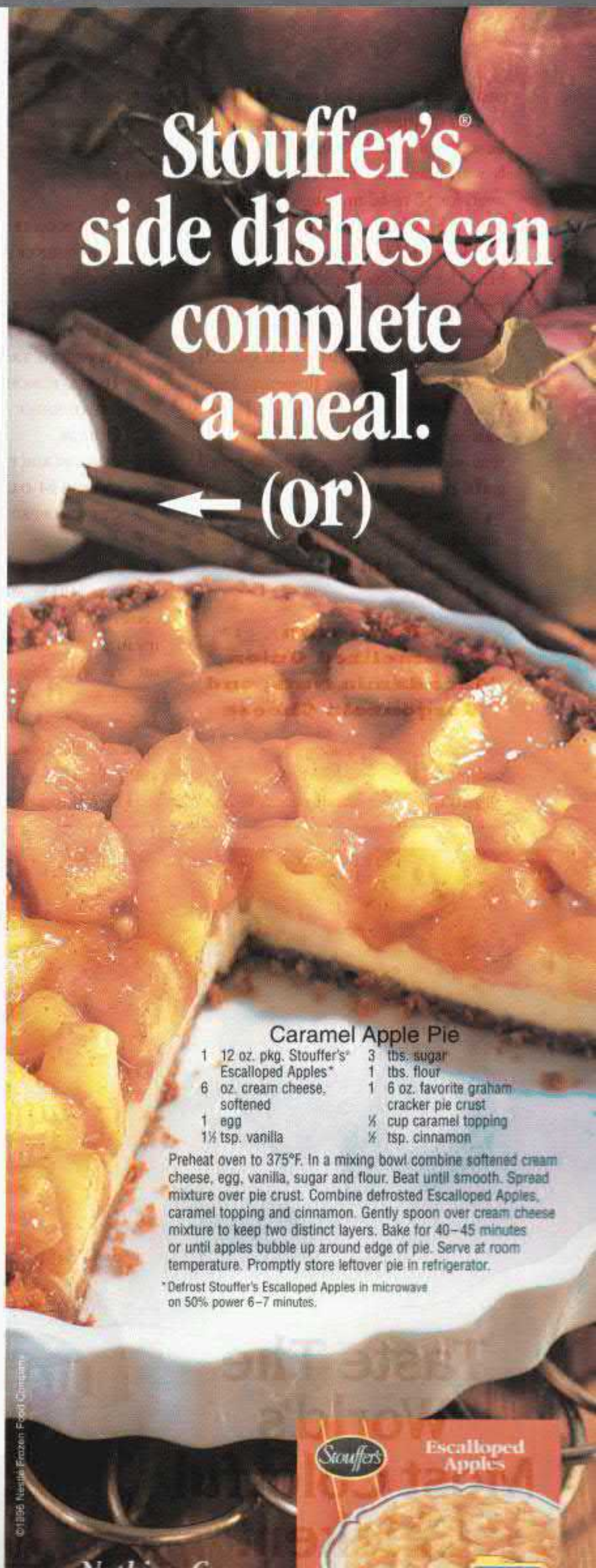
In a medium saucepan melt butter; stir in flour until smooth. Add milk all at once, stirring constantly. Cook; stir over medium heat until thickened and bubbly. Stir in Parmesan cheese and reserved pesto sauce. Spread ½ cup of sauce in 3-quart rectangular baking dish. Lay three lasagna noodles side by side in bottom of dish; spread with ½ cup remaining sauce and sprinkle with a heaping ⅓ cup each of remaining cheeses. Repeat layers three times. Bake, uncov ered in a 325° oven 30 minutes or until heated through. Let stand 5 to 10 minutes before serving. Makes 8 to 10 servings.

## Roasted Garlic with Rosemary Feta Sauce on French Bread

*This recipe by chef Ron True is a favorite of customers at the Harvest Time restaurant in Gilroy, California. The mild roasted garlic melds with the pungent sauce and tomatoes for a mix of sensual flavors.*

- 2 WHOLE BULBS ELEPHANT GARLIC, ABOUT 8 OZ. EACH
- 1 TBSP. OLIVE OIL
- 1 CUP CRUMBLED FETA CHEESE
- ½ CUP DAIRY SOUR CREAM
- 1 TBSP. SNIPPED FRESH ROSEMARY
- FRESH SPINACH LEAVES
- SMALL LEAVES OF RED CABBAGE OR FLOWERING KALE
- BAGUETTE OF FRENCH BREAD, THINLY SLICED
- 2 SUN-DRIED TOMATOES, CUT INTO THIN STRIPS

Carefully remove most of the outer coating from the elephant garlic bulbs, but do not separate into cloves. Place bulbs in a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← (or)
Caramel Apple Pie
1 12 oz. pkg. Stouffer's® Escalloped Apples*
6 oz. cream cheese, softened
1 egg
1⅛ tsp. vanilla
3 tbs. sugar
1 tbs. flour
1 6 oz. favorite graham cracker pie crust
⅓ cup caramel topping
¼ tsp. cinnamon
Preheat oven to 375°F. In a mixing bowl combine softened cream cheese, egg, vanilla, sugar and flour. Beat until smooth. Spread mixture over pie crust. Combine defrosted Escalloped Apples, caramel topping and cinnamon. Gently spoon over cream cheese mixture to keep two distinct layers. Bake for 40–45 minutes or until apples bubble up around edge of pie. Serve at room temperature. Promptly store leftover pie in refrigerator.
*Defrost Stouffer's Escalloped Apples in microwave on 50% power 6–7 minutes.
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Stouffer's
Escalloped Apples

small baking pan or loaf pan. Add about ¼ inch of *water* to the pan. Drizzle garlic with olive oil. Cover the pan tightly with aluminum foil. Bake in a 350° oven for 50 to 60 minutes or until garlic is very tender.

Meanwhile, in a small bowl combine the feta cheese, sour cream, and fresh rosemary. Cover and chill while the garlic bakes.

To serve, line a platter with spinach leaves and cabbage or flowering kale. Place roasted garlic on platter. To eat, squeeze a clove of garlic gently to remove outer skin. Spread the softened garlic pulp on the slices of bread. Top each piece with some of the feta cheese-rosemary spread and a piece of sun-dried tomato. Makes 12 servings.

## Pizza with Caramelized Onion, Macadamia Nuts, and Gorgonzola Cheese

*Jim Russell, former president of the California Macadamia Nut Society, suggests using sweet onions such as Vidalia or Imperial Sweet onions in this recipe. Red Bermuda onions are a good substitute. Serve this savory pizza as an appetizer or a main meal.*

- ¼ CUP UNSALTED BUTTER
- 4 CUPS THINLY SLICED SWEET ONIONS
- PINCH SUGAR, OPTIONAL
- SALT AND CRACKED BLACK PEPPER TO TASTE
- 1 16-OZ. PURCHASED ITALIAN BREAD SHELL OR 1 RECIPE *PIZZA DOUGH*
- 1 CUP CRUMBLED GORGONZOLA CHEESE (4 OZ.)
- 1 CUP CHOPPED MACADAMIA NUTS

Preheat oven to 450°. In a large skillet, melt the butter. Add onion slices and cook over low heat, covered, for 5 to 10 minutes or until tender. Sprinkle onions with sugar, if desired. Cook, uncovered, 15 minutes or until golden and caramelized, stirring occasionally to cook evenly. Season to taste with salt and pepper.

Place bread shell on baking sheet. (Or, if making *Pizza Dough*, on lightly floured surface roll out dough into a 12-inch circle. Transfer the dough to greased baking sheet or pizza pan, building up edges slightly. Do not let dough rise. Bake 10 to 12 minutes or until lightly browned.)

Spread caramelized onions evenly over pizza shell or crust. Sprinkle with gorgonzola cheese and macadamia nuts. Bake, uncovered, for about 12 minutes or until heated through and nuts are toasted. Makes 6 to 8 servings.

*Pizza Dough*: In a medium bowl combine ¾ cup *all-purpose flour*, 1½ teaspoons (about ½ package) *active dry yeast*, and ⅛ teaspoon *salt*. Add ½ cup warm water (120° to 130°) and 1 tablespoon *cooking oil*. Beat together on low speed for 3 minutes. Using a wooden spoon, stir in as much of 1⅔ cups more *flour* as you can. Turn the dough out onto a lightly floured surface. Knead in enough remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes). Cover; let rest 10 minutes. Makes one 12-inch pizza crust. ❑





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COUNTRY SEASONINGS

# BREAD LESSON

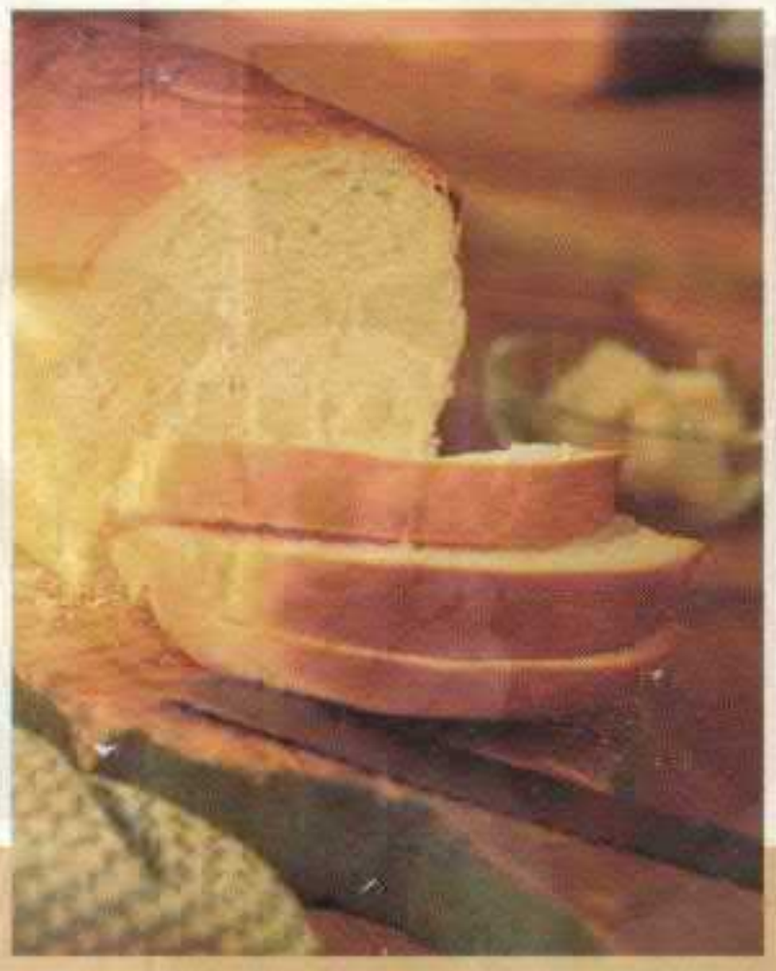
**I knew how to bake, but Mom had one thing left to teach me—fancy loaves tempt the palate; basic breads feed the soul.**

By AMANDA HESSER

When I was in college studying finance and announced to my mother that I was going to pursue bread baking in Europe rather than trading on Wall Street, she responded, "Honey, that's fine. But you need to know how to make white bread first." I had been making bread, and a pretty good mess, in her kitchen for some time, turning out big, rustic rounds, raisin-freckled loaves, and knotty little rolls. But I never bothered with her white bread. It wasn't adventurous. It was, to me, plain American white bread.

Despite my hesitation, Mother pushed up her sleeves and got out her pans. Wiping her weathered mauve slab of marble, she said, "We should really be cooking some soup." The languid simmer of soup warms the room and imbibes moisture into the blistering dough as it's rising. But Mom wasn't cooking dinner tonight, as she used to for our family of six. It was just the two of us at home now, and we had dinner reservations. Times had changed. So to impose that familiar warmth of the kitchen, we boiled water. Evocative? No, but it works.

Mother disappeared into the pantry, collecting her great round plastic bowl and her humble ingredients: salt, white flour, and yeast. She arranged them in a neat arc around her work space, her hands her only tools. After scalding the milk, she tested its temperature with an agile flick against her wrist. "Everything needs to be warm, but not too warm," she guided. Then she looked at me, drawing her forehead taut, (an expression I saw far too many times as a teenager), and cautioned me not to mix the butter with the yeast. "If you do, it surrounds the yeast and



## Basic White Bread

- 2 PKGS. ACTIVE DRY YEAST
- 1 TSP. SUGAR
- 2 CUPS SCALDED MILK, COOLED TO ROOM TEMPERATURE
- 4 TSP. SALT
- ¼ CUP SUGAR
- 8¾–9¼ CUPS SIFTED ALL-PURPOSE FLOUR
- ¼ CUP MELTED BUTTER, COOLED

In small bowl, combine yeast, 1 cup lukewarm *water* (110–115°), and 1 teaspoon sugar; let sit 10 minutes. In large mixing bowl, stir together yeast mixture, milk, salt, and ¼ cup sugar. Stir in *4 cups* flour until smooth. Stir in melted butter. Stir in as much remaining flour as you can. Turn out onto floured surface; cover. Let rest 10 minutes. Knead dough, adding remaining flour until a moderately stiff dough that is smooth and elastic is formed (10 to 15 minutes). Place in buttered bowl; turn dough once. Cover; let rise in warm place until doubled (1½ to 2 hours). Punch down dough; let rise until doubled (1½ hours). Punch down; turn out onto floured surface. Divide into 3 pieces; roll into round balls. Cover; let rest 10 minutes. Flatten; shape into loaves. Place in buttered 8×4×2-inch or 9×5×3-inch loaf pans. Cover; let rise until doubled (45 minutes). Bake in 375° oven 35 to 40 minutes or until crust is golden and bread sounds hollow when tapped. Remove from pans; cool on wire racks. Makes three loaves.

PHOTOGRAPH: KING AU

impedes the rising," she explained.

I hovered over her, watching and listening and inhaling the scents of yeast and flour as they waltzed through the room, trailing their sweet, nutty perfume. She worked efficiently, like a mason with wet cement, mixing and scraping the sides of the bowl in rhythmic swoops until the dough came together in a shaggy mass, cohesive enough for her to turn it out onto the marble slab and knead until it was "soft as a baby's bottom."

We each took half. Breathing heavily in a deep focus, Mother kneaded, turning and pressing on the dough, round and round in a practiced methodical pattern. My lump of dough, however, withstood a more scattered fate. I rolled it, massaged it, slapped it, even leaned my elbow on it while I watched her with wonder.

Two slow risings later, my mother shaped the rectangular loaves, folding each ball as perfectly as she folds bath towels, creasing it with a command I hope my hands will someday know. The loaves rose in their iron frames and again in the oven, billowing up like cumulus clouds. We took the bread out together, me tapping on the bottoms to listen for a hollow drum. While the loaves cooled out of their pans "so they don't go mushy," I made us coffee and sat down, anticipating the familiar reward—a nutty and tangy slice of bread pressed against a cold layer of sweet creamy butter.

Now I was ready for my trip. I had a ticket headed for Paris, my mother's techniques for making white bread tucked into my mind's suitcase, and the reassurance that it is a good loaf. After all, without it, Mom's peanut-butter-and-jelly would be, as the French say, *insupportable*. ❑

*Amanda Hesser cooks and writes in Burgundy, France. Currently she is writing a book of recipes and essays on cooking with vegetables from the garden.*


Like this?

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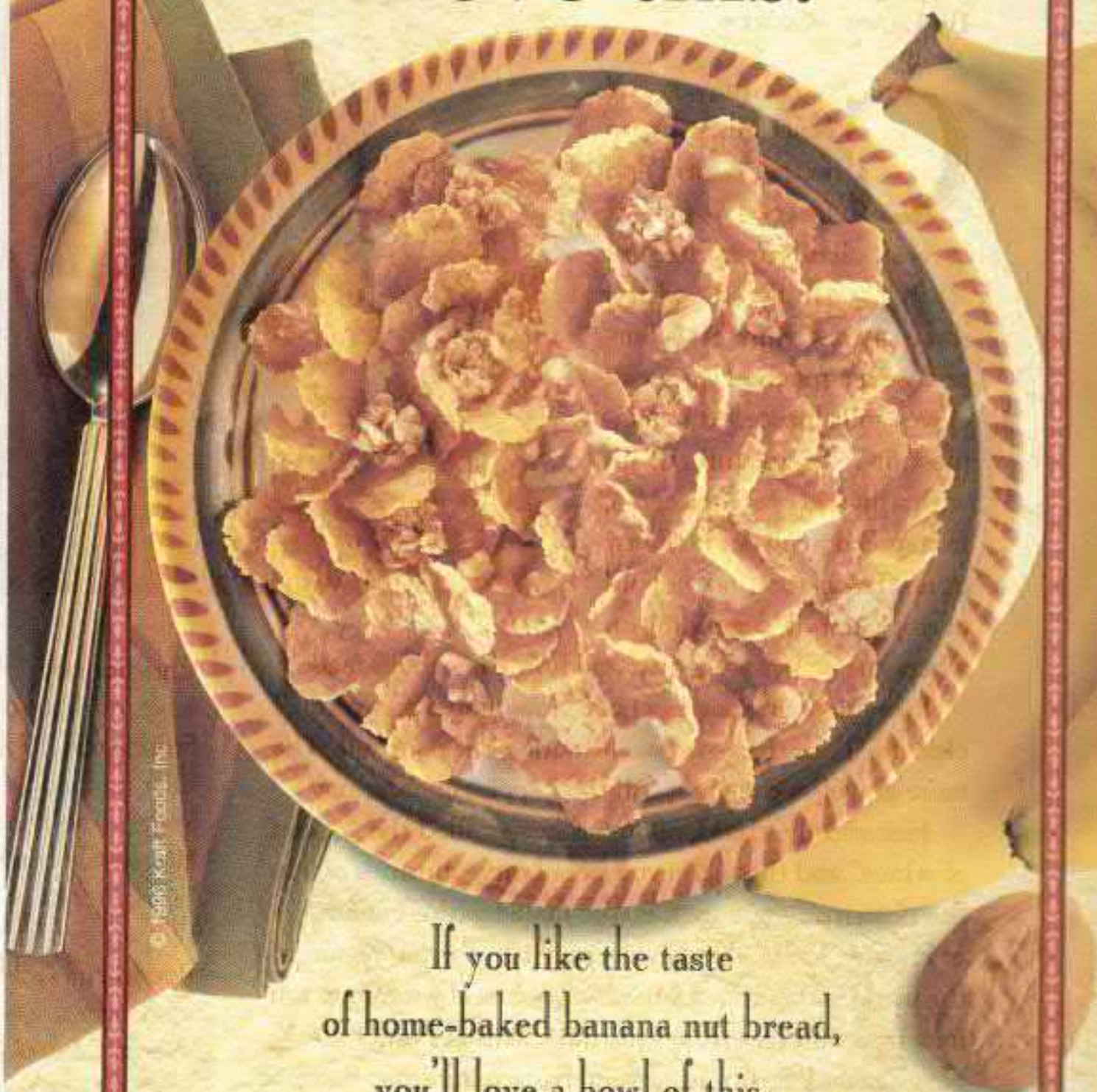

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WINES & SPIRITS

# Toasting Chardonnay

**With its buttery-oak-fruit flavors, chardonnay suits the finest feast or the most casual summer social.**

By Larry Walker

Chardonnay is the best-selling wine in the country, and for good reason. At its best, chardonnay delivers a silky, rich flavor, which some people think of as buttery with a touch of spicy oak cloves and allspice. At its simplest, it is a refreshing quaff, with a myriad of fruit accents, from green apple and lemony citrus flavors to a smorgasbord of tropical fruit, depending on where the grapes are grown and how the wine is made.

Like most wine grapes, chardonnay grapes prefer a cool climate. They thrive on well-drained but poor soil. The more gravel in the vineyard, the happier chardonnay is.

Historically, chardonnay has been called the "queen of wines" and first achieved popularity centuries ago as the principal grape used in the famed white burgundies of France. Today virtually every wine-growing region in the world makes chardonnay. At your local wine shop you may find vintages from Australia, Chile, France, Italy, New Zealand, Spain, and several Eastern European nations as well as the United States.

It was about 20 years ago that American wine makers began to get serious about making a chardonnay equal to the wines of Burgundy. Today, most experts agree that the majority of American chardonnay is superior to most from Burgundy—and at one-half or one-third the price. (It sells for as little as $5 to as much as $100 a bottle.)

American chardonnay falls into two categories. There is the deluxe, top-of-the-line version, often selling for $15 to $75 or more. These are "Sunday" wines, to be savored on special occasions with a great meal and good friends. They are rich and complex, with layers of flavor that center on buttery oak but include deep, rich, apple and pear accents, often with a smoky, toasty finish.

More affordable, "Monday-through-Friday" chardonnays also can be delicious. These wines usually are simpler, often with a touch of butter and oak but subdued; the fruit is leaner, sometimes elusive. These wines, which sell for $5 to $15, make excellent aperitif or cocktail wines.

## Choice Chardonnays

**Chateau Souverain Sonoma Chardonnay**, 1993, $12. Lively apple-pie fruit on a buttery-oaky base.

**Covey Run Yakima Valley Chardonnay**, 1993, $9. Citrus aromas and flavors in a lively wine from Washington.

**Cuvaison Napa Chardonnay**, 1993, $14. A lean, elegant wine that balances fruit with oak and spice.

**Forest Glen California Chardonnay**, 1993, $10. Tropical flavors with zesty tones of mango and papaya.

**Franciscan 1993 Oakville Estate Chardonnay**, $12. Oak and apple aromas in the opening, with a touch of lemon. The finish is long, with a hint of buttery toast.

**Hogue Cellars Reserve Chardonnay**, 1993, $13. Rich, buttery tones with long-lasting appley flavors and a touch of spicy oak at the finish.

**Round Hill California Chardonnay**, 1994, $7. A refreshing wine with lemony fruit, perfect for cocktails.

**Wente Central Coast Chardonnay**, 1993, $9. A striking wine with butterscotch and apricot flavors.

•Prices will vary from state to state.

PHOTOGRAPHS: KING AU

MAY-JUNE 1998



### Spicy Nut Biscotti

- ½ cup butter or margarine
- ½ cup granulated sugar
- ½ cup packed brown sugar
- 2½ tsp. baking powder
- ½ tsp. ground cinnamon
- ½ tsp. ground nutmeg
- 3 eggs
- 2 tsp. grated fresh gingerroot
- 3¼ cups all-purpose flour
- 1 7-oz. can nut topping or 1½ cups finely chopped nuts
- 1 cup semisweet chocolate pieces
- 2 tsp. shortening

In a large mixing bowl with an electric mixer on medium to high speed beat butter for 30 seconds. Add sugars, baking powder, cinnamon, and nutmeg; beat until combined. Beat in eggs and gingerroot until combined. Beat in as much of the flour as you can with the mixer. Stir in any remaining flour with a wooden spoon. Set aside 2 tablespoons of the chopped nuts. Stir remaining nuts into dough. Divide dough in half.

Shape each portion into a 12-inch roll. Place about 5 inches apart on a lightly greased cookie sheet. Flatten slightly to 2-inch width. Sprinkle reserved nuts on top of loaves. Press lightly into dough.

Bake in a 375° oven for 20 to 25 minutes or until light brown. Cool on cookie sheet for 1 hour or until completely cool.

Transfer to a cutting board. Cut each loaf into ½-inch slices. Lay slices, cut side down, on cookie sheet. Bake in a 325° oven for 10 minutes. Turn slices to other side; bake 10 to 15 minutes more until dry and crisp. Cool on wire rack.

Melt chocolate pieces and shortening in a small heavy saucepan over low heat, stirring often to prevent scorching. Dip half of each cookie into the chocolate. Makes about 48 cookies.

### Bittersweet Chocolate Torte with Raspberries

- 14 oz. bittersweet or semisweet chocolate, coarsely chopped
- ½ cup butter or margarine
- ¼ cup milk
- 1 tsp. vanilla
- ½ cup sugar
- ¼ cup all-purpose flour
- ¼ cup seedless red raspberry jam
- 1½–2 cups fresh red raspberries

Grease the bottom of an 8-inch round springform pan. In a heavy medium saucepan combine chocolate, butter, and milk. Cook and stir over low heat until chocolate melts. Remove from heat and cool 20 minutes.

In a mixing bowl with an electric mixer on low speed beat eggs and vanilla until well combined. Add sugar and flour; beat on high speed for 10 minutes. Stir chocolate mixture into egg mixture. Transfer to the prepared pan.

Bake in a 325° oven for 35 minutes or until torte is slightly puffed on the outer one-third of the top. (Center will appear underbaked.)

Cool on a wire rack about 20 minutes. With a knife carefully loosen torte from sides of pan. Cool completely, 2 to 3 hours more. Remove sides of pan. Wrap torte in foil and chill overnight or for up to 2 days. To serve, bring to room temperature.

In a small saucepan melt raspberry jam; cool. Spread jam atop torte. Cover jam layer with raspberries, stem side down. To cut use a knife dipped in hot water. Makes 16 servings. ❑

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JOE'S GINGER SALMON

Ingredients: (4 Servings)
1 tablespoon + 2 teaspoons vegetable oil
4 salmon fillets (6 oz. each)
2 tablespoons brown sugar, packed
3 tablespoons Kikkoman Lite Soy Sauce
2 tablespoons dry white wine
2 tablespoons lemon juice
1 teaspoon minced garlic
1 teaspoon grated fresh ginger root
½ teaspoon hot pepper sauce
¼ cup minced onion

Prep time: 7 minutes
Cook time: 10 minutes

1. *Heat 1 tablespoon of oil in large skillet over high heat; add salmon.* 2. *Cover; reduce heat to medium-high. Cook 6 minutes, turning over halfway.* 3. *Remove salmon; keep warm. Drain off oil.* 4. *Combine next 7 ingredients.* 5. *Heat remaining 2 teaspoons oil in same pan. Add onion; sauté 1 minute.* 6. *Stir in lite soy sauce mixture; cook 1 minute to thicken glaze slightly.* 7. *Return salmon; cook 1 minute, turning over once.*

NATURALLY BREWED

MAY-JUNE 1998

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# LIGHT & E
# TRADITI

*Favorite Country Recipes Updated for Healt*

## CHERRY-ALMOND COFFEE CAKE

- Nonstick spray coating
- ¼ cup sliced almonds
- 2 tablespoons sugar
- ½ teaspoon ground cinnamon
- 2 ½ cups reduced fat packaged biscuit mix
- ¾ cup sugar
- 1 8-ounce carton plain low-fat yogurt
- ¾ cup refrigerated or frozen egg product, thawed
- ¼ cup cooking oil
- 1 teaspoon vanilla
- ¼ teaspoon almond extract
- 1 cup fresh or frozen pitted tart red cherries, coarsely chopped

**1.** Spray a 13x9x2-inch baking pan with nonstick coating; set aside. **2.** For topping, in a small bowl stir together almonds, 2 tablespoons sugar, and cinnamon; set aside. **3.** In a large mixing bowl stir together the baking mix and 3/4 cups sugar; make a well in the center. **4.** In a medium bowl stir together the yogurt, egg product, oil, vanilla, and almond extract until combined. Add to dry mixture and stir just until combined. Stir in cherries. **5.** Spoon mixture into prepared pan, spreading evenly. Sprinkle topping mixture over batter. **6.** Bake in a 350° oven for 30 minutes or until a toothpick inserted near the center comes out clean. **7.** Cool slightly in pan on a wire rack. Serve warm.

15 SERVINGS • PREP: 15 MINS • COOK: 30 MINS

## DEVILISHLY EASY CHOCOLATE CAKE

- 1 (18-25 oz) package devil's food cake mix.
- 1 cup water
- ½ cup applesauce
- ¾ cup EGG BEATERS® Healthy Real Egg Substitute
- 1 (16-oz) can reduced fat chocolate frosting

**1.** Preheat oven to 350° F. **2.** Mix first four ingredients at low speed until moistened. **3.** Beat 2 minutes at high speed. Pour into 2 greased 9-inch round cake pans. **4.** Bake for 25 minutes or until done. **5.** Cool completely and frost.

12 SERVINGS • PREP: 8 MINS • COOK: 25 MINS

egg beaters

## LICKETY SPLIT CRISPY CHICKEN

- 4 (4-ounce) boneless, skinless chicken breast halves
- ½ cup EGG BEATERS® Healthy Real Egg Substitute
- ½ cup seasoned dry bread crumbs
- ½ teaspoon vegetable oil
- Lemon slices for garnish

**1.** Pound chicken breasts to flatten slightly. **2.** Dip chicken into EGG BEATERS, coat with bread crumbs. **3.** Cook chicken in oil in nonstick skillet over medium-high heat for 3 to 5 minutes on each side until browned and cooked through.

4 SERVINGS • PREP: 5 MINS • COOK: 5 MINS

egg beaters

## JOE'S GINGER SALMON

- 1 tablespoon + 2 tsp. vegetable oil
- 4 salmon fillets (6 oz. each)
- 2 tablespoons brown sugar, packed
- 3 tablespoons Kikkoman Lite Soy Sauce
- 2 tablespoons dry white wine
- 2 tablespoons lemon juice
- 1 teaspoon minced garlic
- 1 teaspoon grated fresh ginger root
- ½ teaspoon hot pepper sauce
- ¼ cup minced onion

**1.** Heat 1 tbsp. oil in large skillet over high heat; add salmon. Cover; reduce heat to medium-high. Cook 6 mins., turning over halfway. Remove salmon; keep warm. Drain off oil. **2.** Combine next 7 ingredients. **3.** Heat remaining 2 tsps. oil in same pan. Add onion; saute 1 min. **4.** Stir in lite soy sauce mixture; cook 1 min. to thicken glaze slightly. **5.** Return salmon; cook 1 min., turning over once.

4 SERVINGS • PREP: 7 MINS • COOK: 10 MINS

KIKKOMAN

## CLASSIC TUNA MELT

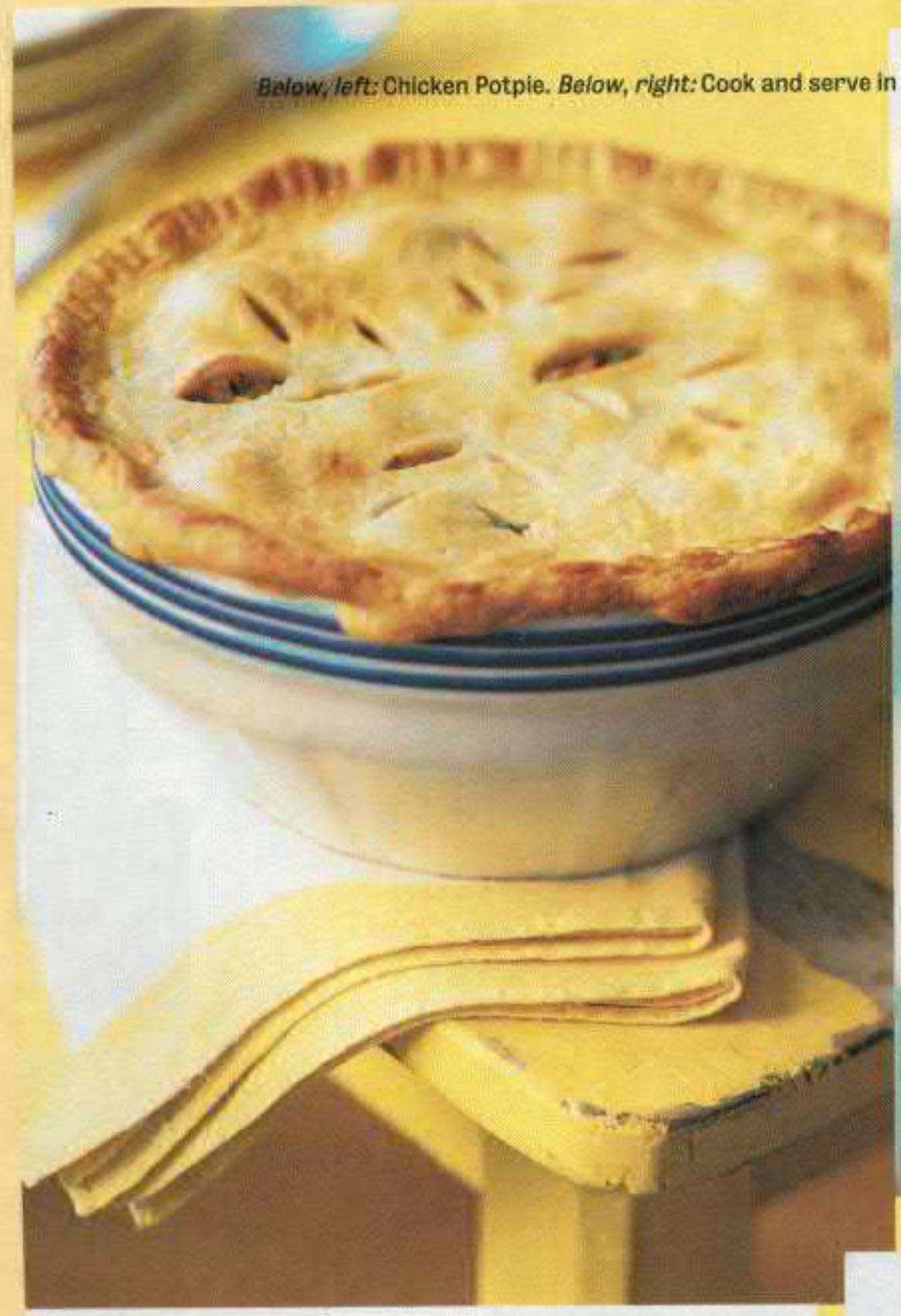
- 2 (6 oz.) cans StarKist® Solid White or Chunk Light Tuna in Spring Water, drained, chunked
- ⅓ cup reduced-calorie mayonnaise
- 1 ½ tablespoons sweet pickle relish
- 1 ½ tablespoons chopped onion
- 6 slices bread, toasted
- 3 slices American, Cheddar, Monterey Jack or Swiss Cheese

**1.** Heat broiler. **2.** In a medium bowl combine tuna, mayonnaise, relish and onion; mix well. **3.** Spread about 1/3 cup tuna mixture onto 3 of the bread slices. Top with cheese slice; place on broiler pan. **4.** Broil 4 to 6 inches from heat 4 to 5 minutes or until cheese melts. Top with remaining bread slices. **5.** Serve with fresh fruit, if desired.

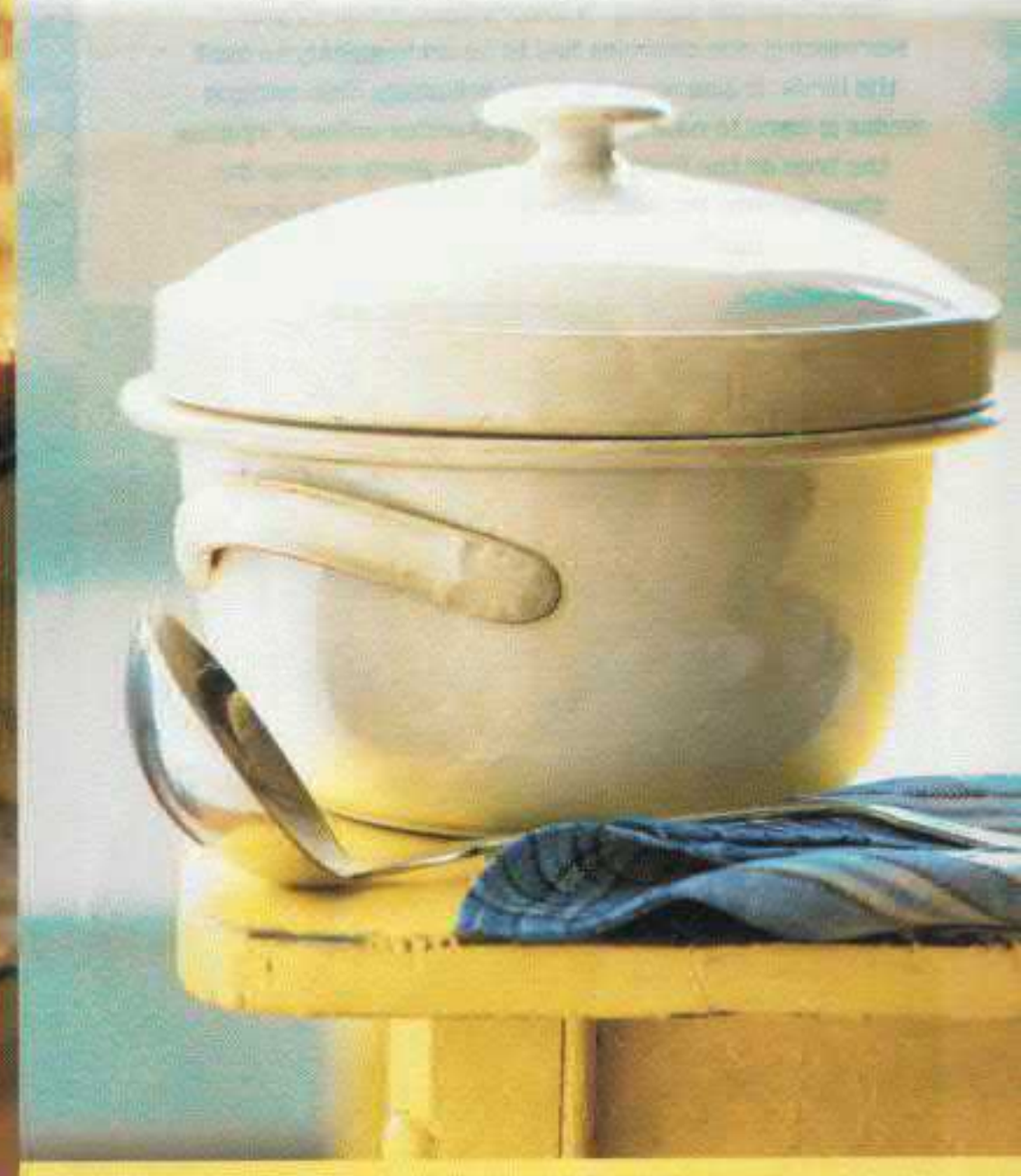
3 SERVINGS • PREP: 5 MINS • COOK: 5 MINS

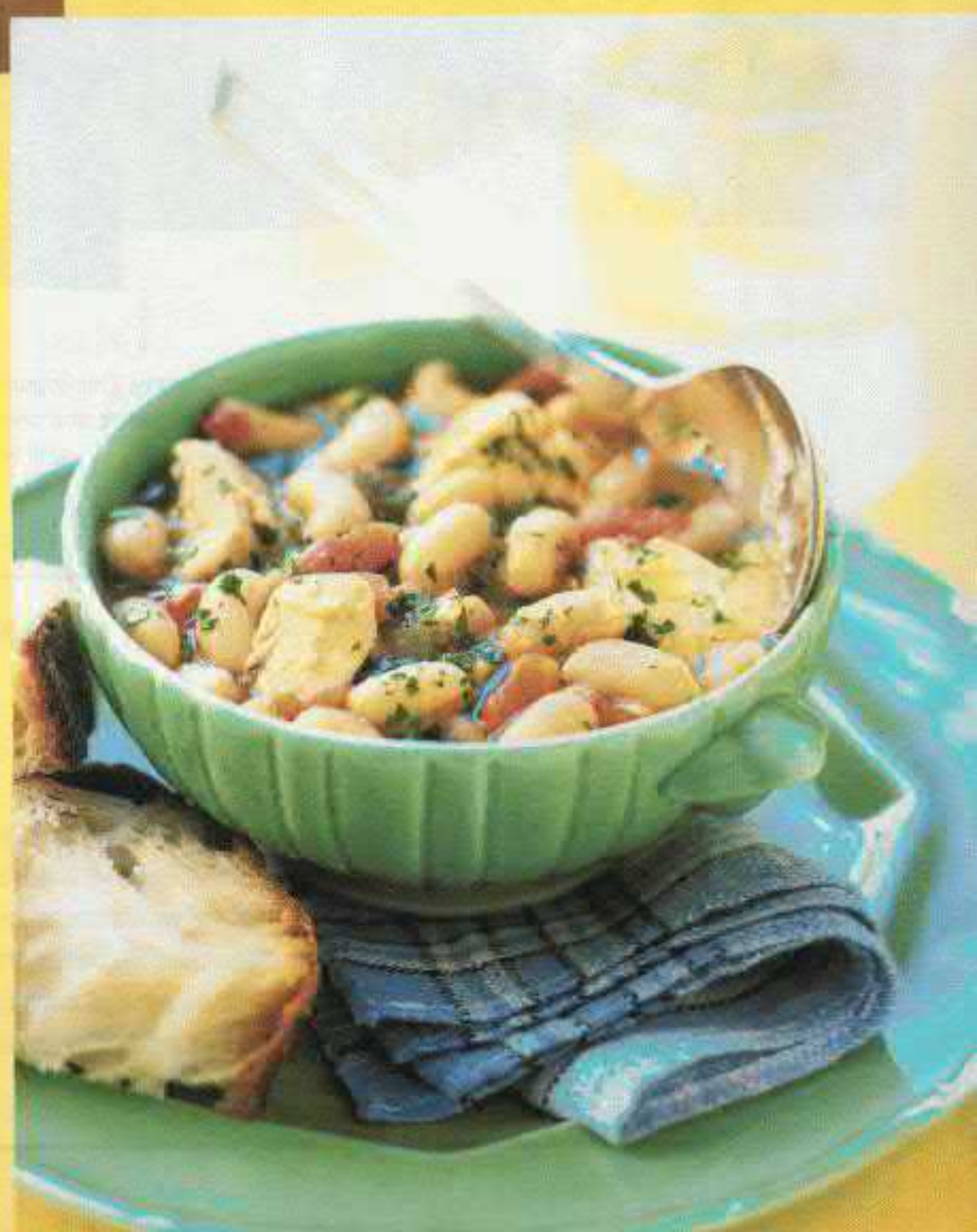
StarKist

MAR.-APRIL 1997



*Below, left:* Chicken Potpie. *Below, right:* Cook and serve in the same dish—the beauty of casserole cookery.





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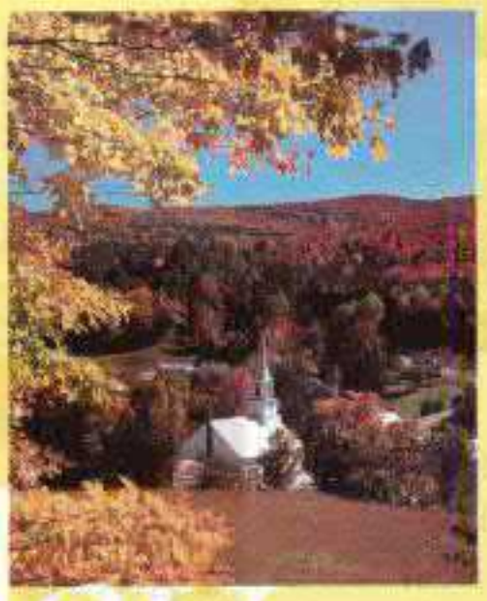


# Sunday covered-dish suppers

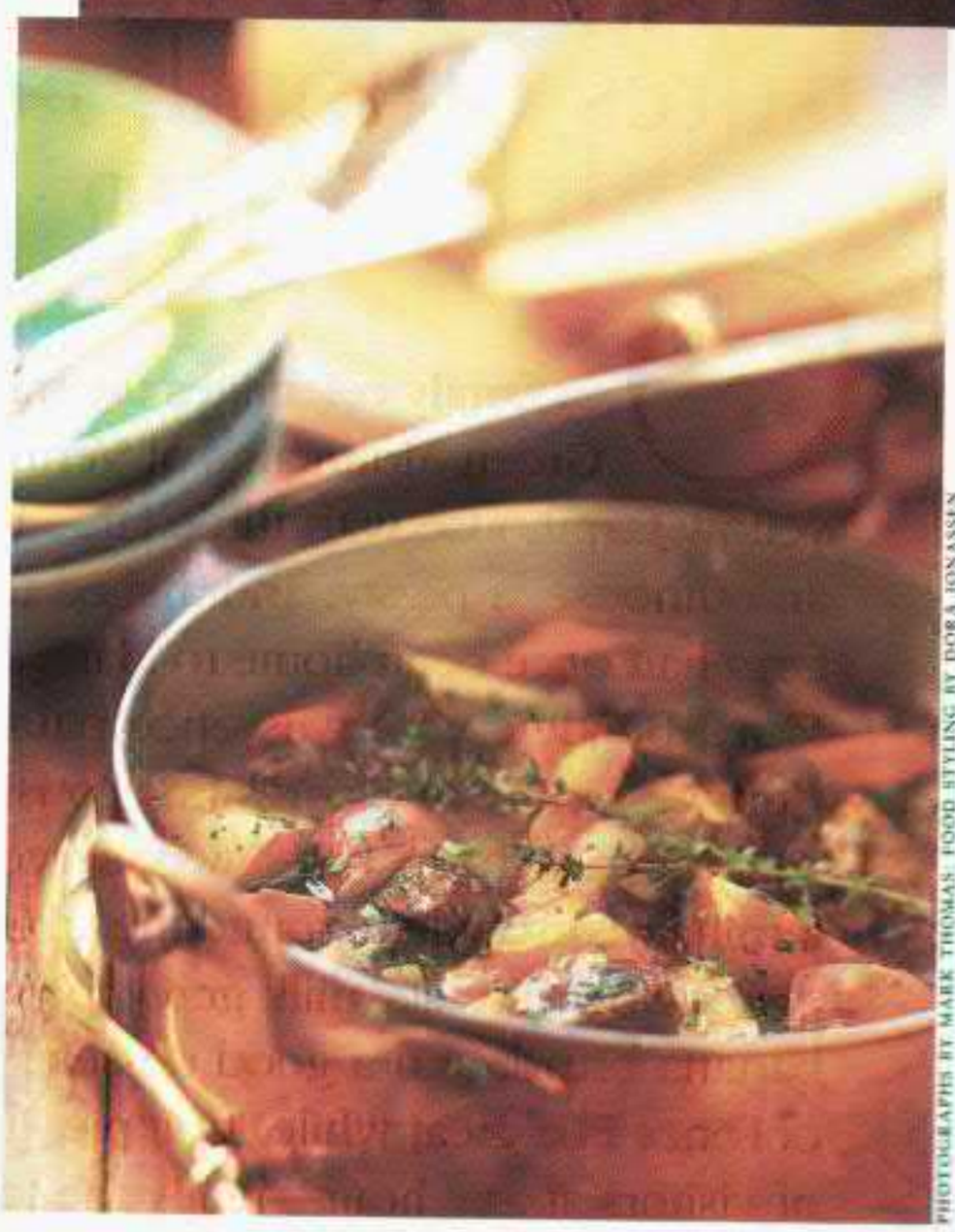
## At his New England farmhouse, author Chris Kimball savors the simple pleasures of food, family, and fellowship.

Our family celebrates the tradition of Sunday suppers in the Green Mountains of Vermont, just down the road from a yellow farmhouse with three large barns, a corn crib, a sap house, an outhouse, a pigsty, and a shed that housed the farmhands. The farm had once been home to Marie Briggs, the de facto town baker; Floyd Bentley, who was once painted by Norman Rockwell; and "Junior," who was Floyd's first cousin.

Dinner in those days was served promptly at noon. All the farmhands crowded around the table for a casserole or a roast, baking powder biscuits, milk gravy, potatoes, boiled greens, homemade banana bread, and a good dessert: pound cake, molasses cookies, or (once in a great while) fruit pie. It was a busy place, never empty of visitors at any hour—really the town center for many decades.

PHOTOGRAPH OF COUNTRYSIDE BY VCG

BY CHRIS KIMBALL PRODUCED BY MARIA MCBRIDE-MELLINGER



These days, in the tradition of that yellow farmhouse, I cook on Sunday for a variety of local Vermonters, who show up promptly at 5:30 (real Vermonters are never late for dinner). Because I like to be outside all day—cutting hay, repairing equipment, or just going for a hike—I have turned to making simple casseroles for the occasion.

Most one-dish meals suffer from several problems. One is that some ingredients, usually the vegetables, end up getting overcooked. To solve this, I have shortened the ingredient lists in many recipes and use frozen vegetables, such as peas and corn, without thawing. A second problem is that a deep dish requires a good deal of baking to properly heat all ingredients. By using shallow pans and a hot oven, cooking times can be dramatically shortened. Many old-fashioned casserole recipes also call for a thick sauce as a binder. I have lightened these sauces considerably, which brightens both the texture and flavor of the dishes.

But covered-dish suppers aren't just about expediency and parsimony. They can also be singularly original dining experiences. Many years ago, I discovered this simple truth from a next-door neighbor, Jean, who invited me over for a supper of Brunswick stew, a classic American one-pot dinner made from fresh lima beans, corn, tomatoes, onions, toasted bread crumbs, and (I thought) chicken.

It was excellent—I had two extra helpings—and as I finished off dinner with a slice of coconut cake, she informed me that it took two months to bag the fourth and final squirrel! I suddenly realized that her Brunswick stew had been authentic right down to the choice of the most readily available local game for the meat.

Since then, neighbors have served me turkey tetrazzini, shepherd's pie, macaroni and cheese, and many stews, including one made with a hapless woodchuck, but, in every case, memorably tasty meals.

Sunday supper is also a time for reflection, for

PHOTOGRAPHS BY MARK THOMAS; FOOD STYLING BY DORA JONASSEN

*Above, top:* Skillet Frittata with Potatoes, Bacon, and Leeks.
*Above, bottom:* Irish Stew epitomizes just how good and fuss-free dinner in a pot can be.

**IF DINNER HAS TO BE IN THE OVEN BY 6:00,**
**YOU BETTER MAKE DARN SURE YOU'RE HOME BY 5:55.**

## ONE DISH CHICKEN & RICE BAKE

**PREP TIME: 5 MIN. COOK TIME: 45 MIN.**

**1 can (10 3/4 oz.) Campbell's® Condensed Cream of Mushroom Soup *or* 98% Fat Free Cream of Mushroom Soup**
**1 cup water***
**3/4 cup uncooked regular white rice**
**1/4 tsp. paprika**
**1/4 tsp. pepper**
**4 skinless, boneless chicken breast halves**

1. In 2-qt. shallow baking dish mix soup, water, rice, paprika and pepper. Place chicken on rice mixture. Sprinkle with additional paprika and pepper. Cover.
2. Bake at 375°F. 45 min. or until chicken and rice are done. Serves 4.

*For creamier rice, increase water to 1 1/3 cups.

Campbell's

## Short cooking times and light sauces brighten the texture and flavor of today's one-pot dinners.

putting family above individual desires, and for counting our blessings. I remember a story told to me by a local minister who once asked a member of the congregation, a woman who had endured many hardships, how she was doing. She replied, "I am too blessed to complain."

That simple affirmation often comes to mind when we get ready for Sunday supper. My 4-year-old son, Charlie, and I roll out, cut, and cook a double recipe of baking powder biscuits, eagerly eating scraps of leftover dough. My 8-year-old daughter, Caroline, enjoys measuring ingredients, folding batters, and beating egg whites. Whitney, my 10-year-old, pitches in when the fancy strikes, especially when there's a bowl worth licking.

The marriage of modest expectations and quiet excellence is, for me, the great appeal of covered-dish suppers. As any good Vermonter knows, function rather than extravagance is the essence of country life. One truck is no better than another as long as it gets the job done. Hay is put in the barn or it isn't. Supper is either on the table or the farmhands go hungry. This hardheaded outlook leads to moderation in behavior and a quiet satisfaction with life.

When our family and neighbors sit down to a late afternoon Sunday supper, I serve up farmhand-size portions of chicken potpie. The top layer of pastry is rich and flaky and, underneath, the chicken and vegetables are steaming hot. Whitney bows her head to say grace, and I pause for just a moment, thinking that here, in this small yellow farmhouse, we truly are too blessed to complain.

*Chris Kimball is founder and editor of* Cook's Illustrated *magazine and author of* The Cook's Bible *and* The Yellow Farmhouse Cookbook. *He and his family divide time between their Vermont farmhouse and a Victorian rowhouse in Boston.*

***Above:*** **A traditional New England Braised Dinner takes an inventive twist with the addition of juniper berries.**
***Right:*** **Shepherd's Pie, a classic casserole.**

# Recipes

## Irish Stew

- 3 lbs. boneless rolled lamb shoulder roast, trimmed and cut into 1-inch cubes
- Salt
- Fresh ground pepper
- 3 Tbsp. olive oil
- 1 cup chopped onion
- 2 cloves garlic, minced
- 4 medium carrots, peeled and cut into 2-inch chunks
- 4 small potatoes, quartered (1 lb.)
- 2½ cups chicken broth
- 1 12-oz. bottle or can beer
- 2 tsp. snipped fresh thyme or 1 tsp. dried thyme, crushed
- 2 Tbsp. snipped parsley

Season the lamb with salt and pepper. In a large oven-proof pot with a lid, brown meat, half at a time, in hot oil. Remove meat from pot. Add onions and garlic; cook and stir until tender. Add carrots, potatoes, and meat. Add chicken broth, beer, and dried thyme. (If using fresh thyme, add later.) Stir to combine.

Cover and bake in a 300° oven for 2 hours or until meat and vegetables are tender. If using fresh thyme, add herb; bake 15 minutes more. If desired, remove a fourth of the potatoes and 2 cups of the liquid to a food processor bowl or blender container. Cool slightly. Cover and process or blend until smooth. Stir into stew. Sprinkle with parsley. Makes 6 to 8 servings.

## Skillet Frittata with Potatoes, Bacon, and Leeks

- 4 slices thick-cut bacon
- 2 Tbsp. olive oil
- ¾ lb. onion, peeled and thinly sliced (1½ cups)
- 8 oz. leeks, thinly sliced
- 2 lbs. potatoes, peeled and thinly sliced
- ¾ cup water
- 1 tsp. salt
- Fresh ground pepper
- 2 tsp. snipped fresh thyme or ½ tsp. dried thyme, crushed
- 8 eggs

Preheat oven to 350°. In a 12-inch cast-iron skillet, cook bacon until crisp. Drain on paper toweling; reserve 2 tablespoons drippings in skillet. Add olive oil to skillet. Add onions and leeks; cook and stir for 8 minutes or until tender. Add potatoes, water, ½ teaspoon salt, pepper, and thyme. Cook, stirring gently, about 8 minutes or until liquid is slightly thickened. Cover pan with foil and bake in 350° oven for 30 minutes.

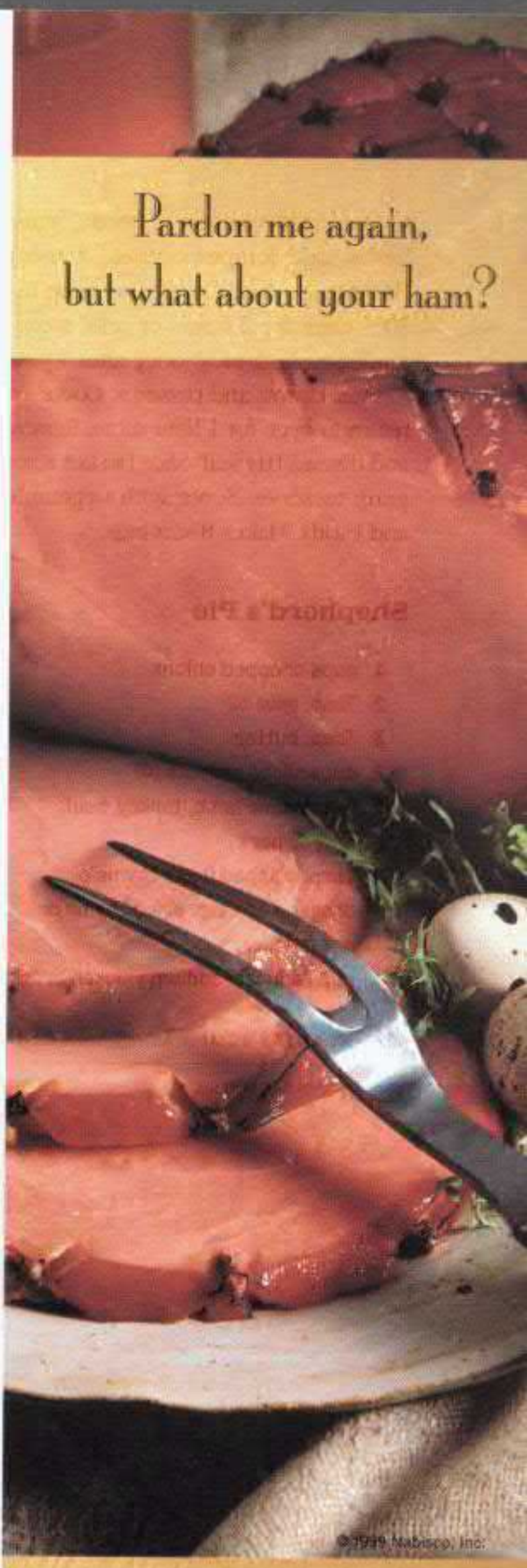
Meanwhile, beat eggs with remaining salt. Uncover skillet and pour eggs over vegetables, lifting potatoes to allow eggs to flow underneath. Bake, uncovered, about 20 minutes more or until eggs are set but not dry. Makes 6 to 8 servings.

## New England Braised Dinner

- 1 3-lb. beef brisket
- ¼ tsp. salt
- ⅛ tsp. pepper
- 1 Tbsp. cooking oil
- ½ cup dry white wine
- ½ cup chopped onion
- 4 cloves garlic, minced
- 2 medium tomatoes, chopped
- ½ cup chicken broth
- ¼ cup water
- 1 tsp. dried thyme, crushed
- 1 tsp. dried rosemary, crushed
- 1 bay leaf
- 12 juniper berries, crushed (optional)
- 4 medium carrots, peeled and cut into 3-inch pieces
- 4 medium parsnips, peeled and cut into 3-inch pieces

Season brisket with salt and pepper. Heat oil in a large Dutch oven; add meat and brown on both sides. Remove from pan. Add wine to pan; scrape up any browned bits. Add onion; cook, uncovered, over medium heat for 5 minutes, stirring occasionally. Add garlic; cook 1 minute more. Return meat ➢


Pardon me again,
but what about your ham?



**Pineapple Ham Poupon**

Makes 1/4 cup glaze and 2 1/2 cups sauce.

5 tbsp. Grey Poupon Dijon or Country Dijon Mustard
2/3 cup maple-flavored syrup
1/3 cup firmly packed brown sugar
1 (20-ounce) can crushed pineapple in juice
1 tbsp. cornstarch

**Glaze:** Mix syrup, mustard and brown sugar. Reserve 1/4 cup glaze to brush over ham during last 20 minutes of cooking time.

**Sauce:** Mix remaining glaze, pineapple and cornstarch in medium saucepan. Cook over medium-high heat until mixture thickens and begins to boil, stirring frequently. Boil for 1 minute. Serve warm with sliced ham.

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to pan; add tomatoes, broth, water, herbs, and juniper berries, if using. Bring to boiling. Cover and roast in a 300° oven for 2 hours or until meat is tender, turning meat once after 1 hour.

Add carrots and parsnips. Cover and return to oven for 1 hour more. Remove and discard bay leaf. Slice brisket across grain to serve. Serve with vegetables and broth. Makes 8 servings.

### Shepherd's Pie

- 4 cups chopped onions
- 2 Tbsp. olive oil
- 3 Tbsp. butter
- 2 cups sliced carrots (4)
- 2 lbs. ground lamb, turkey, beef, and/or pork
- 1 Tbsp. snipped fresh thyme or oregano or 1 tsp. dried thyme or oregano, crushed
- 1 cup reduced-sodium chicken broth
- 1 8-oz. can tomatoes, cut up
- ¼ cup brandy
- 2 tsp. Worcestershire sauce
- 4 tsp. lemon juice
- 1 tsp. salt
- ½ tsp. bottled hot pepper sauce
- ¼ tsp. pepper
- 1 10-oz. package frozen whole-kernel corn, thawed and drained
- 1 10-oz. package frozen peas, thawed and drained
- 2 Tbsp. snipped fresh parsley
- Mashed Potatoes (see below)

In a 12-inch skillet, cook and stir the onions in hot oil and 1 tablespoon butter for 5 minutes. Add carrots and cook 5 minutes more. Add the ground meat. Cook and stir until meat is no longer pink. Drain. Stir in herb, broth, tomatoes, brandy, Worcestershire, lemon juice, salt, hot pepper sauce, and pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 20 minutes. Stir in thawed and drained corn and peas and parsley. Transfer to a 3-quart rectangular baking dish. Spread *Mashed Potatoes* over meat mixture. Melt the remaining butter and brush over potatoes. Bake, uncovered, in a 425° oven for 25 minutes or until bubbly and potatoes are light brown. Let stand 15 minutes before serving. Makes 6 to 8 servings.

*Mashed Potatoes:* Peel and quarter 3 pounds baking potatoes. Cook the potatoes and 3 cloves peeled garlic, covered, in boiling salted water for 20 to 25 minutes or until tender; drain and return to saucepan. Mash potatoes with a potato masher. Add 1 cup half-and-half, light cream, or milk; 6 tablespoons butter, cut up; 2 tablespoons snipped fresh chives, if desired; and salt and pepper to taste. Mix well. Makes about 6 cups.

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Homestyle Beef
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INTRODUCING NEW SKILLET
THEY'RE COMPLETE, DELICIOUS HOMESTYLE MEALS FOR TWO MADE SIMPLE, WITH ALL THE INGREDIENTS-EVEN THE CHICKEN OR BEEF-

## White Bean Casserole

- 2 Tbsp. olive oil
- 1 Tbsp. unsalted butter
- 2 cups chopped onion
- 2 tsp. anchovies, finely chopped (2 large or 4 small fillets)
- 6 cloves garlic, minced
- 3 cups cooked chicken, lamb, pork, or beef, cut into bite-size pieces
- 2 15-oz. cans white beans, rinsed and drained
- 2 14.5-oz. cans whole tomatoes, drained and chopped
- 1 cup reduced-sodium chicken broth
- 1 Tbsp. lemon juice
- 1½ tsp. salt
- ¼ tsp. coarse ground pepper
- ⅓ cup snipped fresh parsley

In a 4-quart pot, heat olive oil and butter over medium heat. Add onions and anchovies; cook over medium heat for 5 minutes or until tender. Add garlic and cook 1 minute more. Add meat, beans, tomatoes, chicken broth, lemon juice, salt, pepper, and ¼ cup parsley. Bring to boiling. Transfer to a 1½-quart casserole. Bake, covered, in a 400° oven for 25 minutes. Garnish with remaining parsley. Makes 4 to 6 servings.

## Beef Stew with Beer and Parsnips *(not pictured)*

- 3 lbs. beef stew meat, cut into 1½-inch pieces
- 2 Tbsp. olive oil or cooking oil
- 2 medium onions, coarsely chopped (1 cup)
- 1 12-oz. bottle beer
- 2 large cloves garlic, minced
- 2½ cups chicken or beef broth
- 2 canned tomatoes, drained, seeded, and chopped or 1 Tbsp. tomato paste
- 1 bay leaf
- ½ tsp. salt
- 4 medium carrots, cut into 2-inch pieces
- 3 medium parsnips, cut into 2-inch pieces
- 4 medium potatoes, cut into 1½-inch pieces
- 1 Tbsp. snipped fresh thyme or 1 tsp. dried thyme, crushed
- Fresh ground black pepper
- 2 Tbsp. snipped parsley

In a large Dutch oven, brown meat, one-fourth to one-third at a time, in hot oil. Remove all meat from pan. Add onion and ¼ cup of the beer to the pan. Cook and stir for 2 minutes. Add garlic; cook and stir 1 minute more. Return meat to pan. Add remaining beer, broth, tomato, bay leaf, and salt. Heat to boiling. Cover and bake in a 300° oven for 1 hour. Add carrots, parsnips, and



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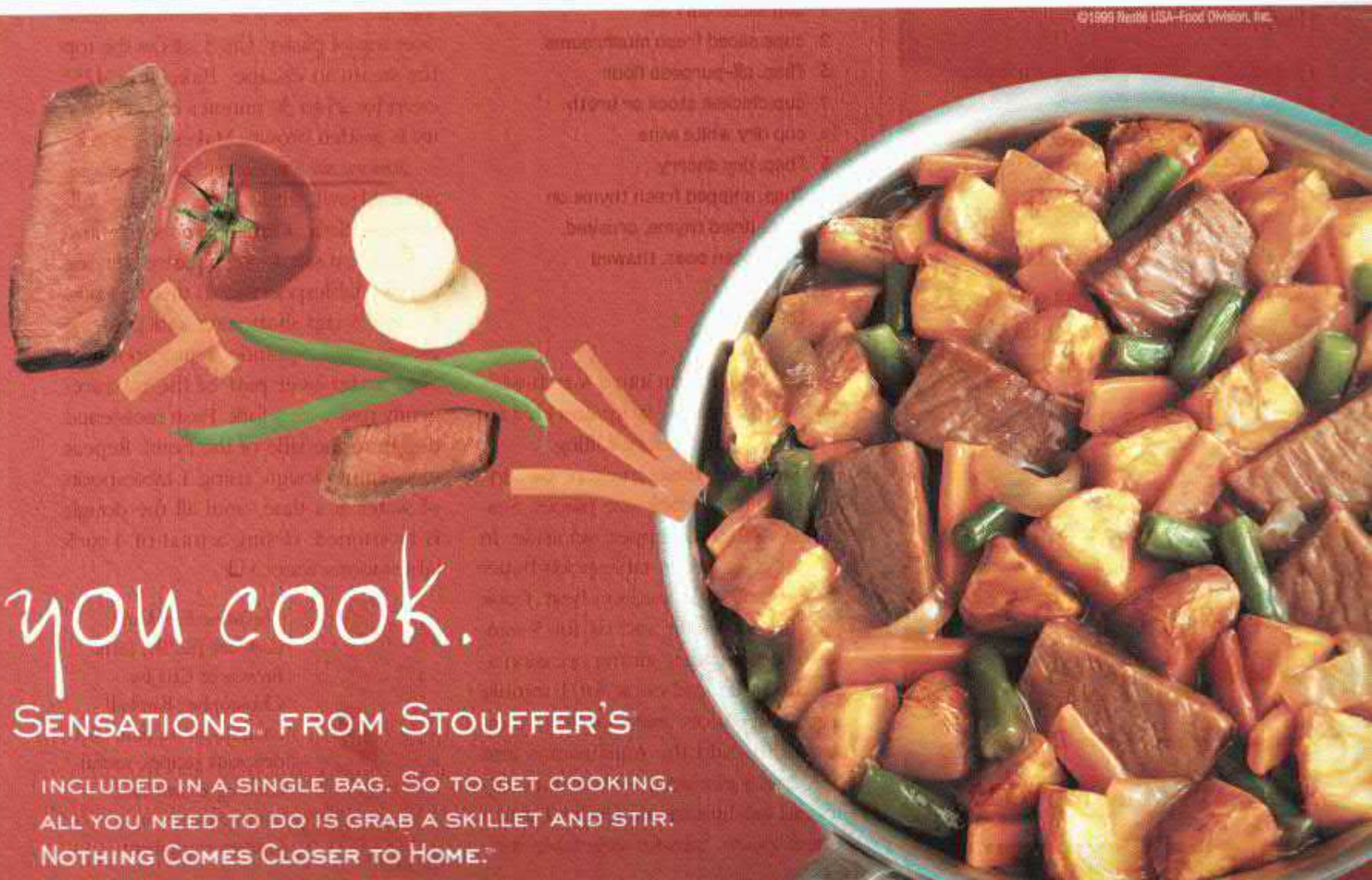

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Lemon Meltaways

*(A Land O'Lakes Keeper Recipe)*

Cookies
- 1 1/4 cups all-purpose flour
- 1/2 cup cornstarch
- 1/3 cup powdered sugar
- 3/4 cup LAND O LAKES® Butter, softened
- 1 teaspoon grated lemon peel
- 1 tablespoon lemon juice

Frosting
- 3/4 cup powdered sugar
- 1/4 cup LAND O LAKES® Butter, softened
- 1 teaspoon grated lemon peel
- 1 teaspoon lemon juice

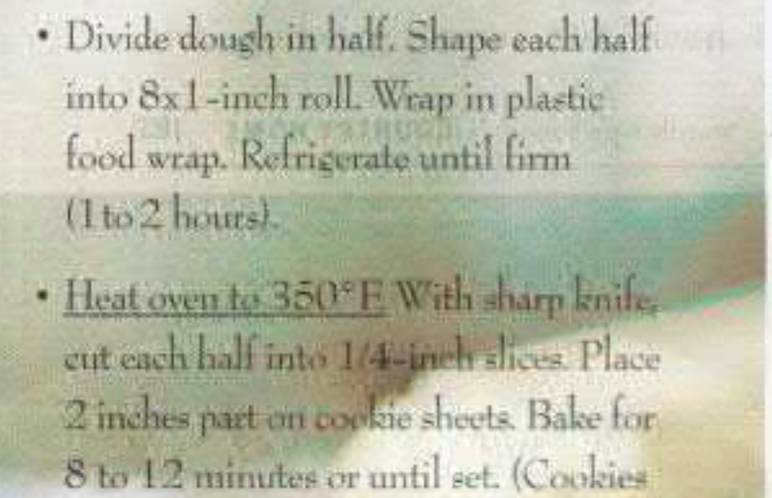
• In large mixer bowl combine all cookie ingredients. Beat at low speed, scraping bowl often, until well mixed (2 to 3 minutes).

• Divide dough in half. Shape each half into 8x1-inch roll. Wrap in plastic food wrap. Refrigerate until firm (1 to 2 hours).

• Heat oven to 350°F. With sharp knife, cut each half into 1/4-inch slices. Place 2 inches part on cookie sheets. Bake for 8 to 12 minutes or until set. (Cookies will not brown.) Cool completely.

• In small mixer bowl combine all frosting ingredients. Beat at medium speed, scraping bowl often, until fluffy (1 to 2 minutes). Frost cooled cookies.

Makes 4 dozen cookies



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MAR.-APR 1999 **

# Recipes

potatoes. Bake, covered, 30 minutes more. If using dried thyme, add herb; bake 30 minutes more. If using fresh thyme, bake 15 minutes more; add herb and bake 15 minutes more. (Bake a total of 2 hours or until meat is tender.) Remove bay leaf. Transfer about one-fourth of the potatoes and 1 cup liquid to blender container or food processor bowl; cover and puree until smooth. Stir mixture into stew. Add pepper to taste. Sprinkle with parsley before serving. Makes 6 to 8 servings.

## Chicken Potpie

American Pie Pastry (see below)
2 lbs. skinless, boneless chicken breast halves or thighs
Salt and pepper
6 Tbsp. butter
1 Tbsp. olive oil
1 cup finely chopped onion
2 cloves garlic, minced
1 cup sliced carrots
2 cups sliced fresh mushrooms
3 Tbsp. all-purpose flour
1 cup chicken stock or broth
¼ cup dry white wine
3 Tbsp. dry sherry
1 Tbsp. snipped fresh thyme or 1 tsp. dried thyme, crushed
1 cup frozen peas, thawed
1 egg yolk
1 Tbsp. milk

Prepare pastry; form into a 4-inch-wide disk. Wrap in plastic wrap and chill for 30 to 45 minutes before rolling.

Meanwhile, rinse chicken; pat dry. Cut chicken into bite-size pieces. Season with salt and pepper; set aside. In a large skillet, heat 1 tablespoon butter and olive oil over medium heat. Cook onion in hot butter and oil for 5 minutes or until tender, stirring occasionally. Add garlic and cook for 1 minute more. Add carrots and cook for 3 minutes more. Add the mushrooms and cook 2 to 3 minutes more or until carrots and mushrooms are tender. Using a slotted spoon, transfer vegetable mixture from skillet to a large bowl. Add 1 tablespoon butter to skillet and cook half of chicken for 3 to 4 minutes or until chicken is tender and no pink remains. Using a slotted spoon, transfer to the bowl. Add 1 tablespoon butter and cook remaining chicken. Transfer to the bowl.

Heat remaining butter in the skillet over medium heat. Stir in flour. Add stock or broth, white wine, sherry, and dried thyme, if using. (If using fresh thyme, add later.) Cook and stir over medium heat until thickened and bubbly. Remove from heat. Stir in fresh thyme, if using. Pour mixture over vegetables and chicken in bowl. Add thawed peas. Stir gently to combine.

Pour chicken mixture into the bottom of a 2-quart rectangular baking dish. Roll pastry to a 13×9-inch rectangle and place atop the baking dish. Fold under edges. Crimp edges of pastry with a fork. In a small bowl, beat together the egg yolk and milk. Brush over top of pastry. Cut 3 slits in the top for steam to escape. Bake in a 425° oven for 25 to 30 minutes or until pastry is golden brown. Makes 6 servings.

*American Pie Pastry:* In a medium mixing bowl, stir together 1¼ cups all-purpose flour, 1 tablespoon sugar, and ½ teaspoon salt. Using a pastry blender, cut in 6 tablespoons cold unsalted butter and ¼ cup shortening until pea-size pieces form. Sprinkle 1 tablespoon of cold water over part of the mixture; gently toss with a fork. Push moistened dough to the side of the bowl. Repeat moistening dough, using 1 tablespoon of water at a time, until all the dough is moistened. (Using a total of 4 to 5 tablespoons water.) ❑

*The Yellow Farmhouse Cookbook* ($27.95, Little Brown & Co.) by Christopher Kimball contains more than 300 delicious recipes, useful cooking charts, and commentaries on kitchen equipment.

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### SWANSON® TORTELLINI SOUP

PREP TIME: 10 MIN. COOK TIME: 20 MIN.

*2 cans (14 1/2 oz. each) Swanson® Chicken Broth*
*1/8 tsp. pepper*
*1 medium carrot, sliced*
*1 stalk celery, sliced*
*1/2 cup cheese-filled tortellini*
*1 tbsp. chopped fresh parsley or 1 tsp. dried parsley flakes*

In saucepan mix broth, pepper, carrot and celery. Heat to a boil. Add tortellini. Cook over medium heat 15 min. or until tortellini is done, stirring occasionally. Stir in parsley. Serves 4.

SWANSON

## When all you want to add is flavor.

# Do the mashed potato

BY JOHN RYAN

*Forget pâté and pastry. The true measure of a cook is the ability to turn potatoes, milk, and butter into the stuff of memories.*

I actually remember the first time I tasted real mashed potatoes. I had gobbled down three helpings at Mrs. Gray's and was dying to tell my mother about them. But to this day I wish I hadn't been so quick to tell her.

When I was about 10 years old, my parents had to be away for a weekend, so they left my brother, sister, and me with our neighbor, Mrs. Gray. The plan was that on Sunday my mother would call at a particular time. (Keep in mind that this was 30 years ago, when a long-distance call was so special that it was planned for. In fact, it was usually the last thing said while waving and driving away.) So after supper, I planted myself right beside Mrs. Gray's massive black phone. When it finally rang, I waited for Mrs. Gray's go-ahead glance then snatched it up and—almost before I knew it was my mom—started racing through the most exciting news of the whole weekend.

"Mrs. Gray made mashed potatoes for dinner. Boy, were they good. Did you know you can make mashed potatoes from real potatoes? Mrs. Gray made them from real potatoes, and boy, were they good." As soon as the words were out, I wished I could take them back.

Imagine, it's the first time you've been away from your kids and you call them. Not only do they not miss you, but you find out that you're a lousy cook! It's memories like that one that make me believe in miracles. It's a miracle she bothered to cook at all. Not that my mom was a lazy cook. I think she just fell prey to the wonders of the '50s—instant this and ready-to-go that and the universal desire to be modern.

The fact is, my mom was a pretty good cook. Her meatloaf was my birthday meal until I left home. And she made great gravy, which is no small matter, because when it comes to comfort food—mashed potatoes, roast turkey, stuffing, and even biscuits—there's not a sauce, salsa, or ragu that can touch a good gravy.

If only I'd learned how to make one.

You see, they don't teach you to make gravy when you learn to cook for restaurants. When I went on to become a chef, I learned all about hollandaise sauce and demi-glace. I could make puff pastry and chocolate mousse with my eyes closed. Pâté was child's play. But I couldn't make a peach pie to save my life. The same was true of gravy.

So when my father-in-law was going to join us for Thanksgiving one year, I got nervous. (Before you get the wrong impression about my nervousness, you need to understand that my wife's family had welcomed me wholeheartedly into their family. The problem was that they were always introducing me as a "gourmet chef." With that in mind—and that I was a chef without a gravy—it's no wonder I was nervous about cooking a traditional Thanksgiving dinner.)

When the day finally came, everything was going fine until we all smelled something burning. I had put the turkey giblets in a pot on a back burner then forgotten about them. That was good for a laugh. (And since I never do remember the giblets, it has actually become sort of a tradition.) But with the incinerated giblets went my broth for making gravy. Without skipping a beat—I was a gourmet chef after all—I went into the pantry and

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*My favorite tool for mashing potatoes is a fork. Granted, the potatoes come out lumpy, but I like them that way.*

came out with a can of chicken broth. My wife gave me a dubious look, but what was she going to say? I was doing all the cooking, so she was happy. Besides, why question a gourmet chef?

The turkey had browned up nicely and the mashed potatoes were perfect. After the little giblet faux pas, I was regaining confidence. I started the gravy. My roux was beautiful. And as I slowly stirred in the chicken broth, my first gravy was looking good. When the green beans were ready, we sat down to dinner.

The turkey got raves. After I told my Mrs. Gray story, the mashed potatoes were likened to hers. And the stuffing was pretty good for a first try. But the gravy … . Since I'm telling the story, I'm going to exercise my prerogative to leave out the numerous gravy comments that year and every year since. It's not that the gravy was bad; it's just that chicken gravy on turkey is like a bad key on a piano.

But that's the way it is. Cooking, like growing up, is a live-and-learn proposition. Sometimes you can fix your mistakes and sometimes you simply remember them.

Mashed potatoes are the ultimate "to taste" recipe. Besides salt and pepper, you can always add more butter. But with milk you'll need to go slow, adding only enough to get the consistency you like.

My favorite tool for mashing potatoes is a fork. Granted, the potatoes come out lumpy, but I like them that way. For smooth mashed potatoes, use a masher or press the cooked potatoes through a ricer. Never use a food processor, though, or they'll come out a gluey mess.

If my oven is going to be on anyway, I use it to bake the potatoes. (You can make mashed potatoes on the stove—just simmer peeled and diced potatoes in salted water to cover until they are tender, about 20 minutes. Then drain and proceed with the recipe, starting at the mashing step.) The great thing about baking the potatoes is the convenience. No peeling, no pot boiling over, no draining and fogging up my glasses. Just a quick scrub and into the oven they go.

Besides, with baked potatoes I get potato skins, which are excruciatingly good while they're still hot. After scooping them out, I smear a little butter inside along with a sprinkling of salt and pepper, then I lean against the counter and thank God I'm the cook.

*The little extras*

## Savory Spuds

**Roasted garlic mashed potatoes:** For 2 pounds of potatoes, use 2 heads of garlic. Rub the loose skins off the garlic. Smear some olive oil on the heads and bake at 350° until they are soft, an hour or so. Lop off the top quarter of the head and pick out the cloves with the point of a knife. Mash them on a cutting board, then stir into the potatoes with the butter.

**Olive oil mashed potatoes:** The secret to good olive oil mashed potatoes is the oil. If the oil is delicious, the potatoes will be, too. The changes to the basic recipe are slight. Before draining the potatoes—I always seem to boil them for this—reserve about ½ cup of cooking water. You probably won't use it all. As you mash the potatoes, add cooking water a little at a time to thin them out. Then add 2 to 4 tablespoons of olive oil and beat with a wooden spoon until the potatoes are smooth and fluffy. Season with salt and pepper and serve.

### Classic Mashed Potatoes

- 2 lbs. (6 medium) baking potatoes (russet or Idaho)
- ¼ cup butter, softened
- ½ tsp. salt
- ⅛–¼ tsp. pepper
- ¼–⅓ cup milk

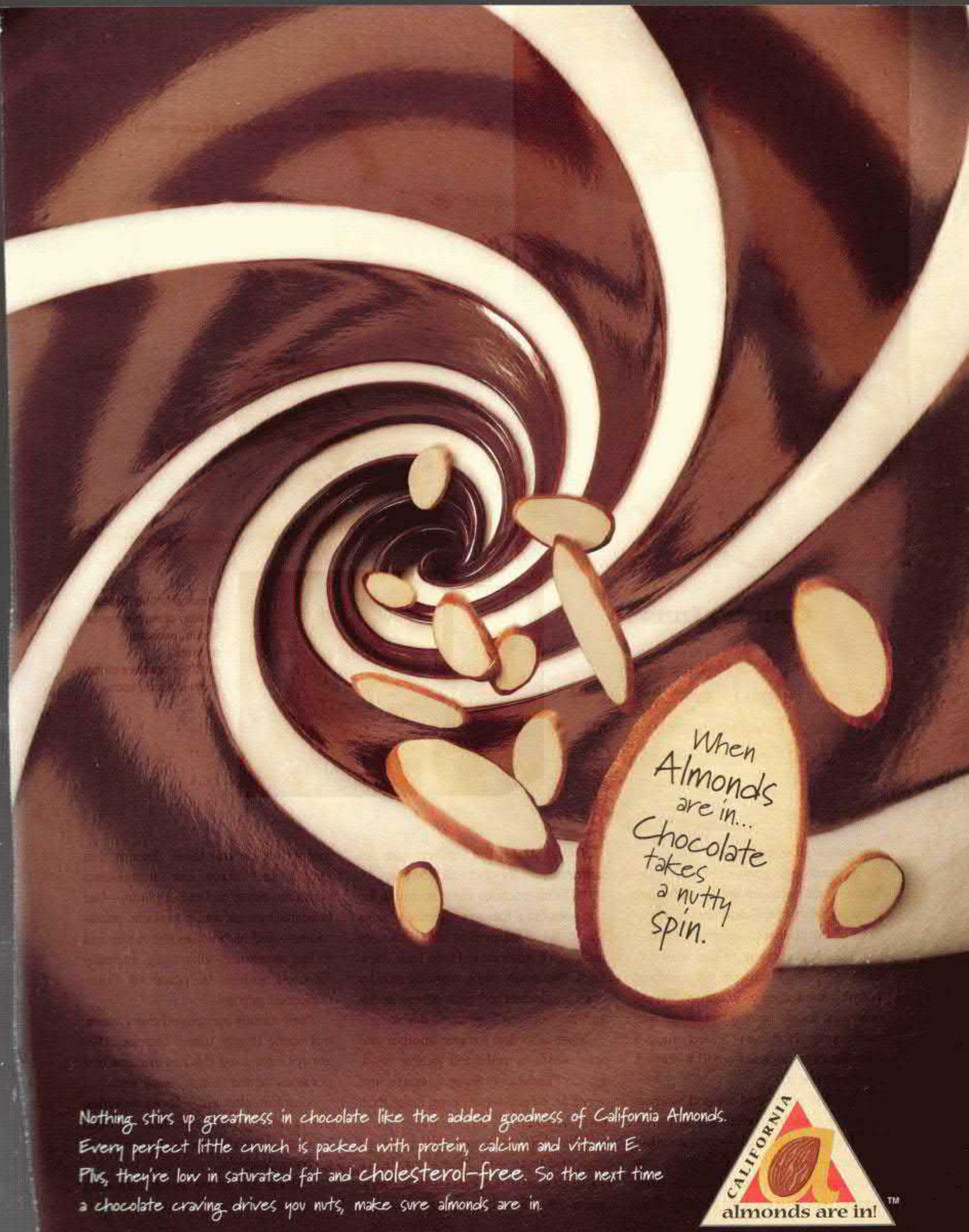
Scrub potatoes thoroughly with a brush; pat dry. Prick potatoes with a fork. Place potatoes directly on oven rack. Bake at 400° for 1 hour or until potatoes are tender. Remove potatoes from oven; cool until they can be handled. Cut in half lengthwise and scoop flesh into large mixing bowl. (Snack on skins.) Mash with a potato masher or beat with an electric mixer on low speed. Add butter, salt, and pepper. Gradually beat in enough milk to make light and fluffy. Makes 4 to 6 servings.

### Plain Gravy

- 3 Tbsp. butter
- 3 Tbsp. all-purpose flour
- ⅛ tsp. pepper
- ⅛ tsp. dried thyme, crushed
- 1½ cups chicken, turkey, or beef broth

In a medium saucepan, melt butter over medium heat. Stir in flour, pepper, and thyme until smooth. Add broth. Cook and stir until thickened and bubbly; cook 1 minute more. Makes 1½ cups.

**Mushroom Gravy:** In a medium saucepan, cook 2 cups thinly sliced mushrooms in 1 tablespoon butter over medium-high heat for 4 to 5 minutes, stirring occasionally, until tender and most of the liquid has evaporated. Remove mushrooms from saucepan; set aside. Make Plain Gravy as described above. Stir mushrooms into thickened gravy and heat through. Makes 2 cups. ❑

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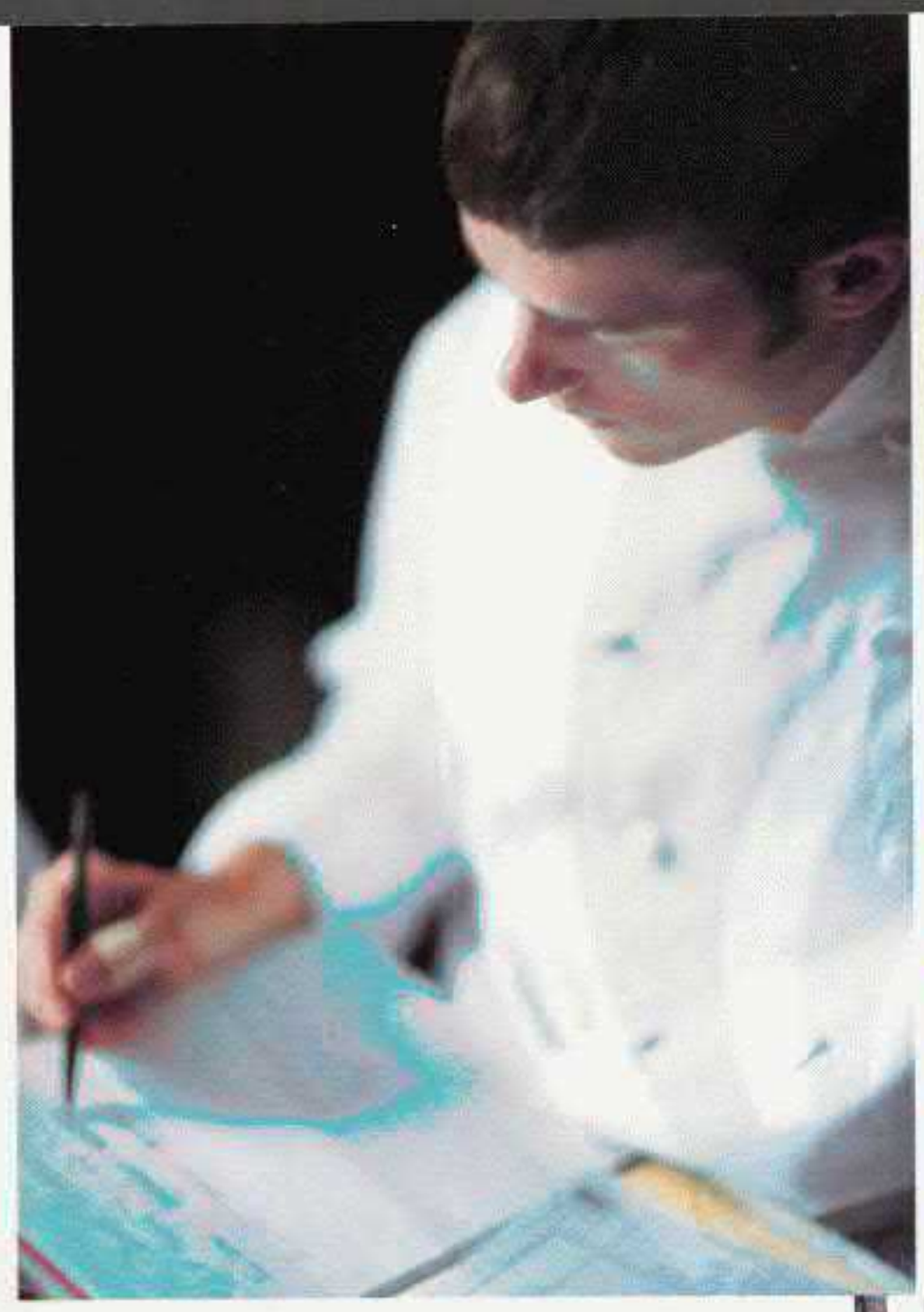

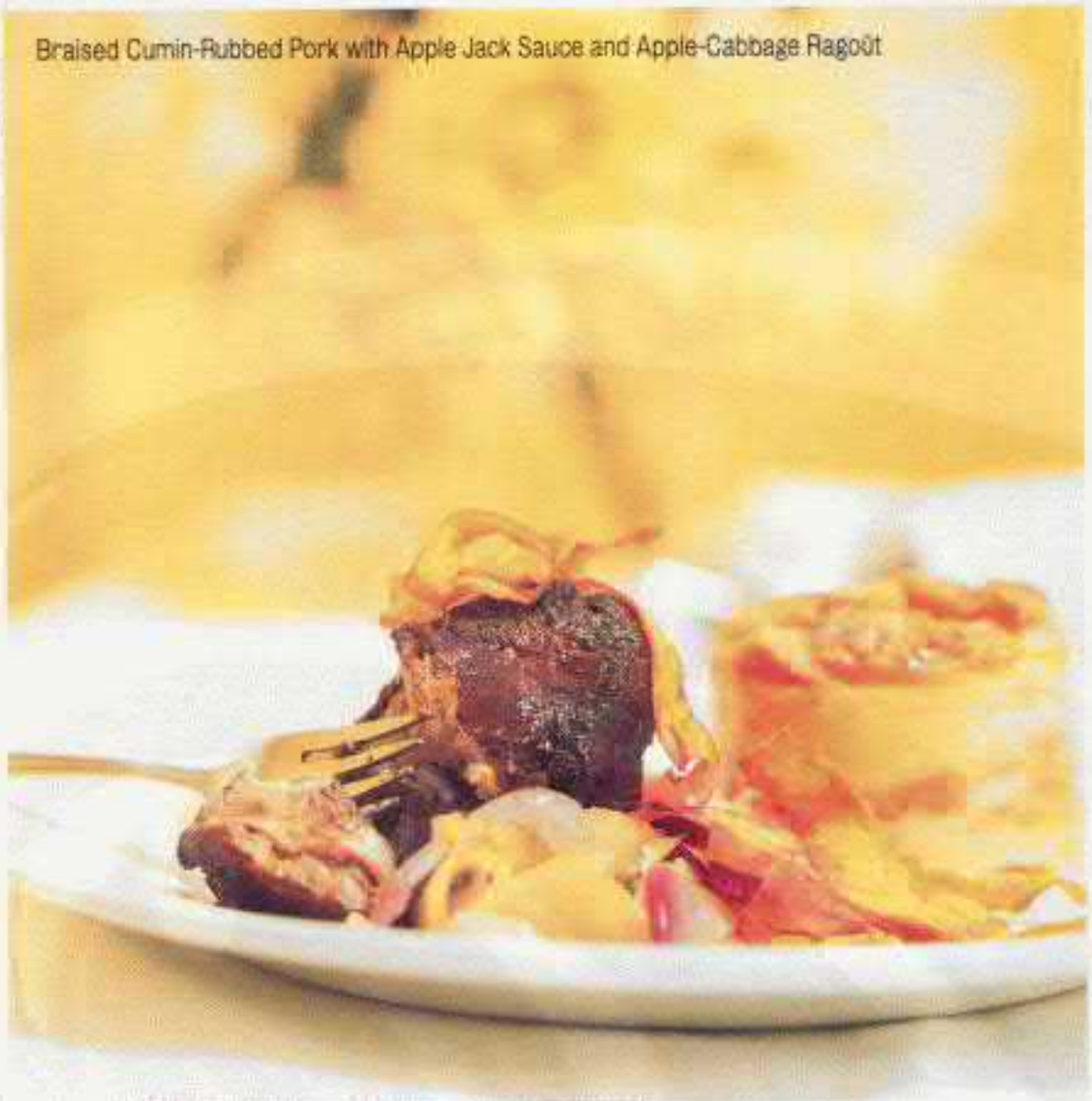

*Above left:* Chef David Gedney plans his menus around seasonal produce.
*Left:* The upstairs dining room is a cozy spot.

## Country Inns

*"Food doesn't have to be flashy to be good," says chef David Gedney. "Food at a country inn should be comfortable."*

*Continued from page 194*

gold potatoes, goat cheeses, blueberries, and heirloom apples. Although only 30 years old, David shows a wisdom in his philosophies about food.

"I cook according to the seasons," he says. "I don't braise in summer, and I don't serve tomatoes in winter. We use seasonal foods in combinations that make sense. Nothing is added unless it adds flavor or adds texture. If it doesn't, we don't use it."

Roasted pears and toasted walnuts enrich a mesclun salad, for instance. Apples and cabbage—cool-weather partners—mingle in a ragoût that accompanies a robust braised pork entrée. (For recipes, turn to page 206.)

David shares the kitchen with his girlfriend, pastry chef Stacy Smith.

"I think couples miss so much by not spending the day together," says Stacy, who trained at the Culinary Institute of America in Hyde Park, New York. "We really enjoy working side by side; we understand each others' needs and we help each other all day long."

Their affection for one another and their work is reflected in the food, which David and Stacy prepare and serve as if they were doing it for their own families.

Their creations are inventive as opposed to trendy, hearty instead of austere, casual not fancy—like something the ideal country grandmother might put on the table. Except that David and Stacy use ingredients Grandma never had in her pantry—like balsamic vinegar and portobello mushrooms—and techniques she never had in her repertoire—like using intensely flavored sauces in place of flour-thickened gravies.

New menus are created every week, but some things never change. "We always have roast chicken and mashed potatoes on the menu," Stacy says.

Comfort, after all, is about revisiting the familiar, and the familiar is what John and Roma Sherman were looking for as innkeepers.

"When we drove around looking for a location for a bed-and-breakfast

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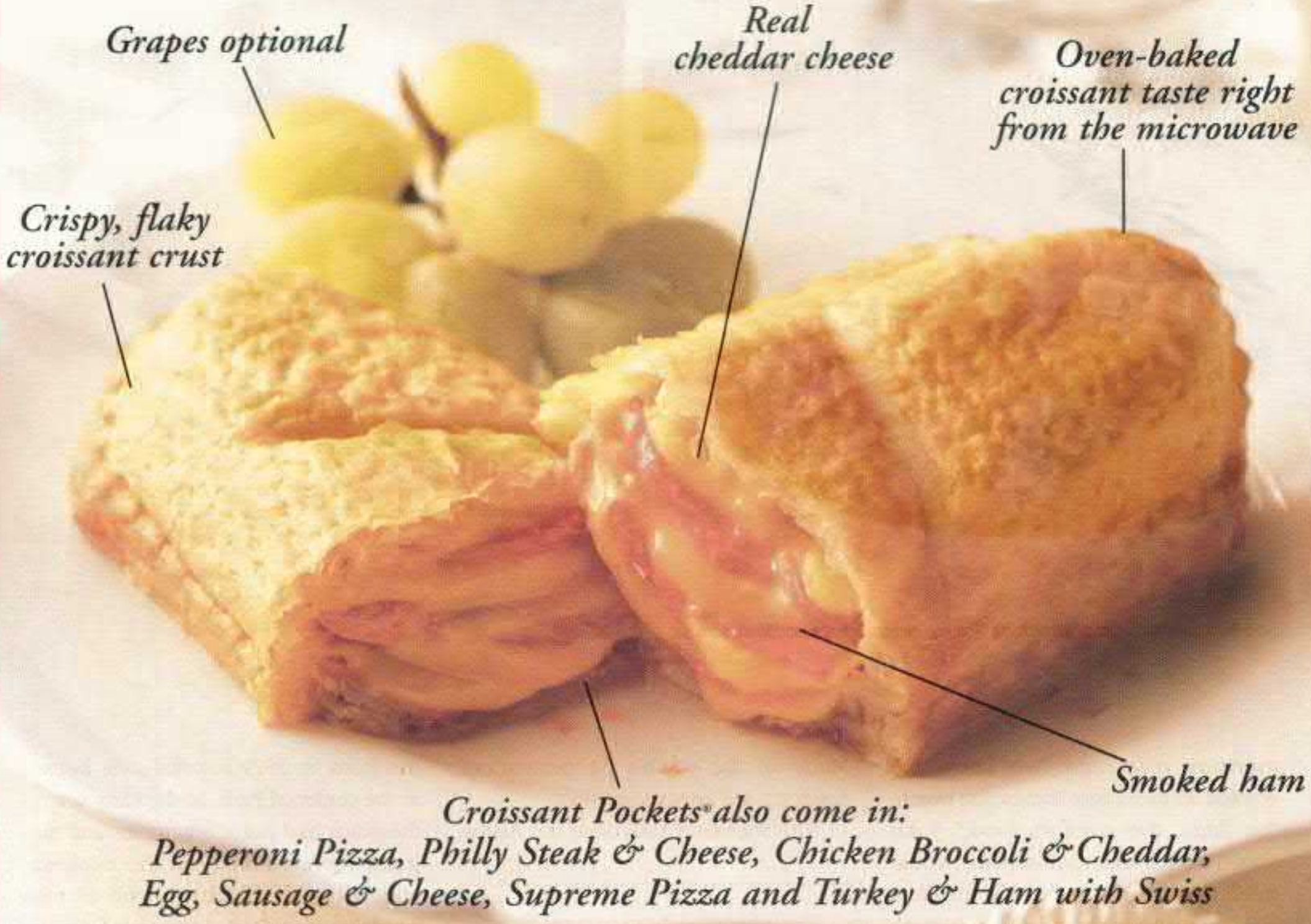


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MAR.-APR. 1999

Grilled Portobello Mushrooms with Polenta, Fontina Cheese, Spinach, and Mushroom Jus

Lemon Cake with Warm Fruit Compote

fourteen years ago, we knew we wanted all the classic things: the porch, the flags, the comfort food," John says. "We felt that such a place would fulfill the dreams of hungry travelers in search of a great meal in a historic setting."

After a long search, the Shermans found what they were looking for in Paris, a storybook village nestled in the foothills of the Blue Ridge Mountains. The hamlet had been called Pun'kinville until just after the Revolutionary War, when a visit by the Marquis de LaFayette prompted a change to a more glamorous name.

By any name, the town was a popular resting point for travelers on horseback journeying between Winchester and Washington. It still is a popular resting spot, but today the only visitors on horseback are riding for pleasure. Many of the town's 61 permanent residents are artists.

The Shermans fashioned the Ashby Inn from an 1829 colonial-style house in the center of Paris. In the early years, the place had just a few tables and six guest rooms. Roma did the cooking and, along with John, much of the housekeeping. As its reputation for hospitality grew, so did the Ashby Inn.

A few years ago, John and Roma renovated a nearby schoolhouse to make four new guest suites, each with a fireplace and a balcony overlooking Roma's glorious perennial gardens.

Inside the main building, guests gather for dinner in the intimate upstairs dining room. After dinner, they can slip downstairs to the tavern and sip glasses of port beside a roaring fire, or drift outside to the white-columned porch where red-white-and-blue flags flap in the breeze.

It's just what John and Roma had in mind: a hungry traveler's dream.

*Paris, here we come*

## Travel Tips

**The Ashby Inn:** 692 Federal St., Paris, VA 20130; 540/592-3900; fax 540/592-3781.

**Particulars:** 10 guest rooms from $130 to $250 per night for two, including full breakfast. Dinner served Wednesday–Saturday; Sunday brunch. Reservations recommended.

**Directions:** Paris is 18 miles east of Winchester, which is at the intersection of Interstate 81 and U.S. Highway 50.

**Attractions:** Horseback riding, antiquing, hiking, touring vineyards.

JAN-FEB.
2000

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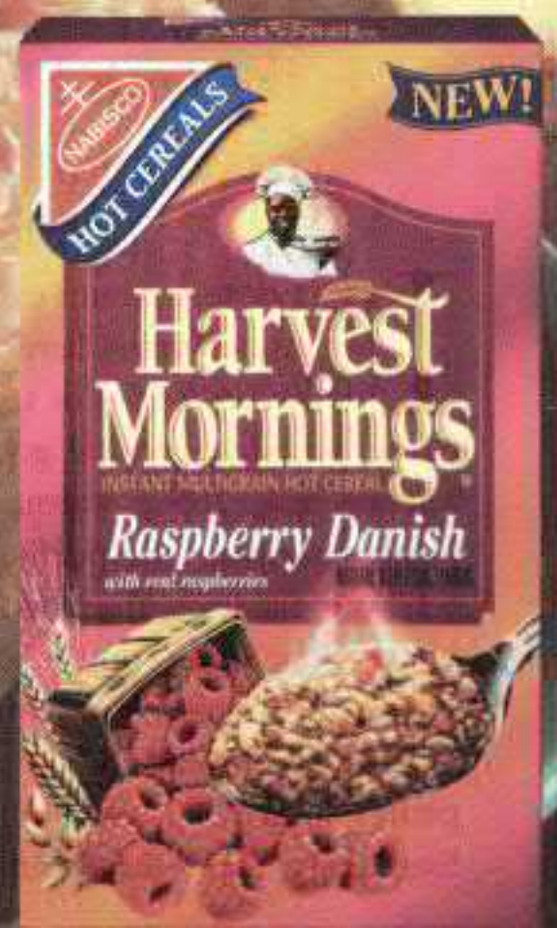

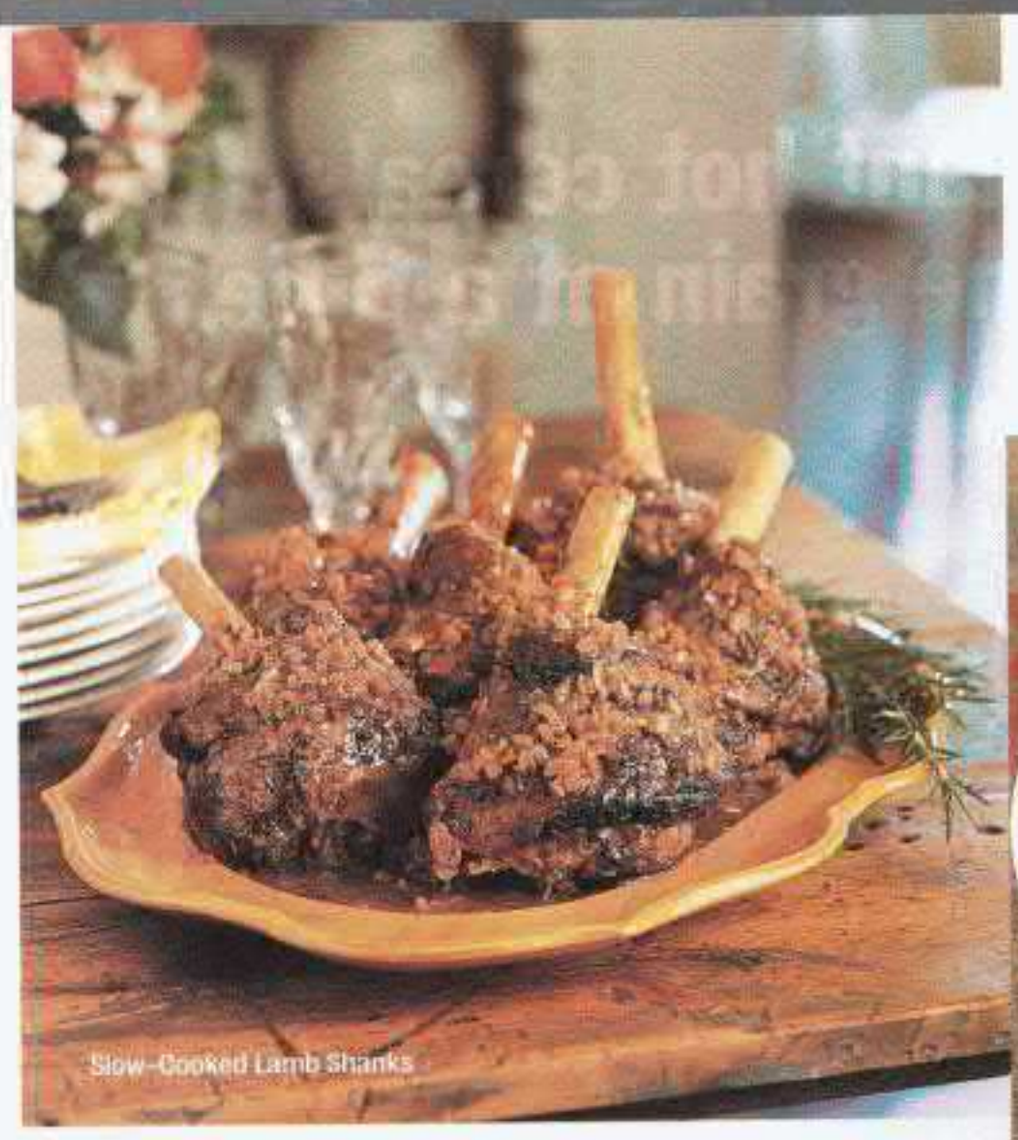

Slow-Cooked Lamb Shanks

Potato Gratin with Apple-Smoked Bacon

## Menu

Mixed Greens with
Balsamic Vinaigrette

Slow-Cooked Lamb Shanks

Potato Gratin
with Apple-Smoked Bacon

Country Apple Tart with
Almond Cream

Wearing an apron at *left*, Marie-Claire Quittelier teaches basic European home cooking using seasonal ingredients. She learned to cook in her native Belgium by watching and helping her mother, aunt, and grandmother.

**Food**

# Cooking with class

*In the Texas Hill Country, Marie-Claire Quittelier teaches simple home cooking based on the Belgian food traditions she learned as a child.* BY MARGO TRUE

It's a blustery winter evening in the Texas Hill Country, but inside Marie-Claire Quittelier's snug cooking school, the savory odors of lamb roasting and apple-smoked bacon sizzling, and the good humor of the people in the kitchen make this a warm, convivial place to be. We're all busily chopping and peeling and bantering, with pauses to refill our glasses with good Beaujolais Nouveau. This is fun, relaxed cooking—food made exactly the way Marie-Claire believes it should be at home.

A Belgian, Marie-Claire spent the first 22 years of her professional life as a marketer for IBM in Brussels. Eventually, she figured out that she was having more fun giving dinner parties than she was selling, so she opened her first cooking school. That was 1990; three years later, she came to the United States to help start an innovative cooking program at Central Market gourmet grocery store in Austin. She settled 90 miles west in Fredericksburg, a friendly town known for its lovely old limestone buildings, antiques stores, wildflowers in spring, and the state's sweetest peaches in summer. In 1997 she opened the MarieCuisine cooking school and gourmet market.

Marie-Claire may be thousands of miles from her homeland, but the food traditions she grew up with are never far away. Most of what she teaches in her basic, daylong

PHOTOGRAPHS: JEREMY SAMUELSON; FOOD STYLIST: GRADY HEIT

JAN-FEB 2000

# Food

Country Apple Tart with Almond Cream

In addition to cooking classes, this 1860s house functions as a small tearoom and shop, where guests enjoy Belgian chocolates and other treats.

Mixed Greens with Balsamic Vinaigrette

*In Marie-Claire's cooking school, students learn how to prepare comfort food in a relaxed atmosphere.*

workshops and evening classes is good, simple European home cooking. From the great cooks in her family—her mother, Denise, her Aunt Henriette, and especially her Grandmother Monique—she learned a style of cuisine she refers to as "low-maintenance, high-flavor, always seasonal."

A couple of hours earlier, as gray light ebbed from the sky, we'd arrived at Marie-Claire's cooking school, an 1860s wood-and-stone house two blocks from Main Street. The warm yellow classroom doubles as a tearoom during the day, where Marie-Claire serves simple breakfasts and lunches of French-Belgian delicacies like tiny, flaky croissants and *fromage blanc*, a soft fresh white cheese.

Just off the tearoom is a small shop stocked with chocolates, abbey cheeses, and fine coffees Marie-Claire imports from Belgium.

The heady scent of rosemary, freshly snipped from the pots outside, greeted us the minute we walked in the door. Marie-Claire had already organized all the ingredients by recipe and set them out for us. Covering the tables were the makings of a sturdy winter menu: platters of onions, potatoes, garlic, lamb shanks, and roasted apples.

The group of eight students included a bank president, a commercial grape-grower, a high school art teacher, a state lobbyist, two full-time homemakers, a financial planner, and a professional flytier. One couple drove five and a half hours to attend the class.

Marie-Claire passed around aprons and offered us farm bread and nutty Belgian abbey cheese. "Tonight we're coming back to comfort food," she announced. Our lamb shanks, she explained, would be cooked slowly with robust dark beer and balsamic vinegar. We'd have a potato gratin on the side and a salad of organic greens with a simple vinaigrette. Then, for dessert, a rustic apple tart.

As we sat in the cheerful tearoom, decorated with two 1850s oil portraits and a massive candelabra shaggy with hardened wax, Marie-Claire reminded us to read our recipes through before starting (how few of us do this at home!) and to measure out all ingredients and arrange them in the order they would be used.

Time to cook. We separated into groups and spread out, some in the kitchen, some in the tearoom. Along with Lorrie, the financial planner, and Don, the bank president, I tackled the tart, pureeing the roasted apples. The potato-gratin team began frying a big batch of local apple-smoked bacon, and the aroma curled through the dining room. The shank group chopped onions, celery, carrots, and garlic ("tastemakers," Marie-Claire calls them), and added them to the lamb. Another team tossed together a salad.

Marie-Claire visited each team, urging us to listen to the sizzling of the vegetables in the skillet, to smell the lamb and potatoes as they roasted. She also told us which parts of the dinner could be made a day ahead. "If you're

doing a lot of last-minute cooking," she says, "you're going to hate it."

In less than half an hour, the shanks and potatoes were in the oven. We tart-makers were doing pretty well, though we'd piled all of our apples into one skillet and they'd started to steam instead of saute; Marie-Claire noticed in time and handed us a second skillet.

Don, who hadn't had much cooking experience, seemed genuinely excited. "I am enjoying this!" he'd say every so often, with a sort of wonder in his voice.

Our team's next step was to roll out puff pastry, fit it into the pan, and fill the tart. Miraculously, Lorrie accomplished this floury task without getting a speck on her black dress. Marie-Claire showed us how to fold up the pastry loosely to hold the filling in place.

Out came the potatoes, a beautiful, golden, bubbling spectacle dotted with sage, thyme, and bacon; in went the tart. The shanks emerged as robust hunks of meat crowned with melting bits of carrot and onion.

After our busy, messy efforts in the kitchen, dinner by candlelight seemed elegant. The salad tasted fresh. The shanks were superb. The gratin could not have been better. Our tart came out of the oven nice and brown.

We were happy and pleased with ourselves. But, for Marie-Claire, this is the sort of easy, elegant dinner that she's been making and teaching about for years.

The evening ended on a surprise note. As it turned out, it was Marie-Claire's birthday. "I have now reached the age where the candles are more expensive than the cake," she said, laughing. She listened as we sang "Happy Birthday" to her over slices of apple tart.

*A James Beard Foundation award-winner for food writing, Margo True is a senior editor at* Saveur *magazine.*

### Mixed Greens with Balsamic Vinaigrette

- 2 Tbsp. balsamic vinegar
- 2 Tbsp. extra-virgin olive oil
- ⅛ tsp. salt
- ⅛ tsp. pepper
- 5–6 cups mixed greens
- 4 cups radicchio (1 head), finely chopped
- Grated Parmesan cheese (optional)

In a screw-top jar combine the balsamic vinegar, olive oil, salt, and pepper. Cover; shake well. Set aside.

In a large bowl combine mixed greens and radicchio. Pour dressing over mixture. Toss lightly to coat. Top salad with freshly grated cheese, if desired. Makes 6 servings.

### Slow-Cooked Lamb Shanks

for 6

- ¼ cup all-purpose flour
- ¼ tsp. sea salt
- ⅛ tsp. pepper
- 6 lamb shanks (1 lb. each)
- 2 Tbsp. olive oil
- 1 onion, chopped (½ cup)
- 3 stalks celery, chopped (1½ cups)
- 3 carrots, diced (1½ cups)
- 3 garlic cloves, minced
- 2 Tbsp. snipped fresh rosemary
- 2 cups chicken broth
- 1 cup robust beer or dry red wine
- ¾ cup balsamic vinegar

Mix the flour, sea salt, and pepper in a shallow dish. Coat the lamb shanks with flour mixture.

In a large Dutch oven or pot heat oil and brown the shanks, 1 at a time, on all sides; remove and set aside. Add onion, celery, carrots, and garlic to pot; cook and stir for 5 minutes, until tender. Stir in rosemary. Carefully add chicken broth, beer or wine, and balsamic vinegar. Return shanks to the pan. Bring to boiling; reduce heat and simmer, uncovered, for 1½ to 2 hours or until lamb is very

*Continued on page 166*

Want to get more flavor from less salt?

**Campbell's® Healthy Request® Skillet Herb Roasted Chicken**

Prep/Cook Time: 20 min.

- 1/4 tsp. ground sage
- 1/4 tsp. dried thyme leaves, crushed
- 4 boneless chicken breast halves
- 2 cloves garlic, minced
- 1 can Campbell's® Healthy Request® Cream of Chicken Soup
- 1/2 cup water

**Mix** sage and thyme and sprinkle over chicken.

**Spray** nonstick skillet with vegetable cooking spray and heat 1 min. Add chicken and cook 15 min. or until done. Remove chicken and keep warm. Add garlic and cook until lightly browned.

**Add** soup and water and heat through. Serve over chicken. Serves 4.

Nutrition Per Serving: Calories 189, Fat 4g, Sodium 328mg, Carbohydrate 8g, Protein 28g

www.healthyrequest.com

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JAN.- FEB. 2000

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# Family Supper

*Growing up on a farm puts you in tune with the seasons. Apples and pork are a combination that comes as naturally as winter's first snow.*

## Waldorf Salad

*Mustard, ginger, and two types of pepper add zip to the tangy boiled dressing that makes this salad taste anything but ordinary. Use the leftover dressing as a tasty sandwich spread.*

- 3–4 medium red apples, cored and chopped (about 1¼ lb.; do not peel)
- ½ cup chopped celery
- ½ cup miniature marshmallows, optional
- ¼ cup chopped hickory nut or walnut meats
- ½ cup *Old-Fashioned Boiled Dressing* (see recipe below)
- 4–6 lettuce leaves

In a large bowl combine all ingredients except lettuce leaves. Toss gently to coat with the dressing. Cover and chill for up to 6 hours. Form cups with the lettuce leaves. Mound salad mixture in leaves and serve. Makes 4 to 6 servings.

## Old-Fashioned Boiled Dressing

- ¼ cup sugar
- 1 Tbsp. all-purpose flour
- ½ tsp. salt
- ½ tsp. dry mustard
- ¼ tsp. ground ginger
- ⅛ tsp. ground white pepper
- Dash ground red pepper
- 1 egg
- ½ cup milk
- ¼ cup cider vinegar
- 2 tsp. butter

Combine dry ingredients in a small heavy saucepan. Whisk together egg and milk and stir into dry ingredients. Cook over low heat, whisking constantly until just bubbly. Add cider vinegar and butter, stirring until butter is melted. Pour into a bowl and cool. Cover and chill to store. Makes about 1 cup dressing.

## Roast Pork Loin with Apple-Mustard Cream

- 1 2-lb. boneless pork top loin roast (single loin)
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper
- 2 Tbsp. butter or margarine
- 2 medium yellow onions, chopped (1 cup)
- 6 medium Jonathan apples, peeled, cored, and sliced (4 cups)
- 1 cup whipping cream
- 1 Tbsp. Dijon-style mustard
- ¼ tsp. salt
- ¼ tsp. pepper
- ¼ tsp. freshly ground nutmeg
- Hot cooked wild rice pilaf, optional

Rub roast with ¼ teaspoon salt and ¼ teaspoon pepper. Place meat on a rack in a shallow roasting pan. Insert a meat thermometer. Roast in a 325° oven for 1¼ to 1½ hours or until the thermometer registers 155°. Remove roast; cover meat with foil and let stand 15 minutes before carving. (The temperature will rise 5° during standing.)

In a heavy saucepan, melt the butter over medium heat. Add onions and cook and stir until tender. Add the apple slices and cook until just soft, about 5 minutes. Stir in the cream and bring mixture to boiling; reduce heat. Simmer, uncovered, about 5 minutes or until slightly thickened. Add the mustard and stir until well combined. Season sauce with ¼ teaspoon each of salt, pepper, and nutmeg. To serve, slice pork and spoon sauce over each serving. Serve with wild rice pilaf, if desired. Makes 4 to 6 servings.

## Mom's Green Beans

- 1 lb. green beans
- 4 slices bacon, coarsely chopped
- 2 cloves garlic, minced
- ½ tsp. dried thyme, crushed
- ¼ tsp. cracked black pepper
- 1 bay leaf
- 1 cup chicken broth

Trim ends from green beans. In a Dutch oven or large saucepan, cook bacon over medium heat until bacon turns opaque, stirring constantly. Add garlic, thyme, pepper, and bay leaf. Cook and stir until garlic is tender, about 3 to 4 minutes. Add chicken broth. Bring mixture to boiling. Add green beans. Return to boiling. Reduce heat; simmer, covered, for 15 to 20 minutes or until beans are tender. Remove bay leaf. Serve with a slotted spoon. Makes 4 to 6 servings.

## Hickory Nut Cake

*Liz adapted a white cake recipe from friend Nick Malgieri to duplicate this childhood treat.*

- ¾ cup unsalted butter, softened
- 1½ cups granulated sugar
- 2 cups all-purpose flour
- 2 tsp. baking powder
- ¼ tsp. salt
- 5 egg whites
- ¾ cup whole milk
- 2 tsp. vanilla
- 1½ cups toasted hickory nut meats* or toasted pecans, coarsely chopped
- *Buttercream Frosting* (see recipe on page 166)

Lightly grease two 9-inch round layer-cake pans. Cut a circle of parchment paper to fit the bottom of each pan; line pans. Lightly grease the parchment paper; set aside.

In a large mixing bowl with an electric mixer on medium to high speed beat the butter and sugar until fluffy (about 5 minutes). In a medium mixing bowl combine flour, baking powder, and salt; set aside. In another

*Continued on page 167*

*Continued from page 164*

medium mixing bowl combine egg whites, milk, and vanilla; set aside.

Add the flour mixture and the egg white mixture alternately to the butter mixture, beating on low to medium speed after each addition just until combined. Stir in 1 cup of nuts.

Spread cake batter evenly into prepared pans. Bake in a 350° oven about 25 minutes or until a wooden toothpick inserted into the cakes comes out clean. Cool cakes in pans on wire racks for 10 minutes. Remove cakes from pans; remove parchment. Cool thoroughly on a wire rack.

To assemble cake, place one layer on a serving platter. Spread the top and sides with half of the frosting. Sprinkle top with ¼ cup chopped nuts. Place second layer on top of first and frost with the remaining frosting. Smooth sides and sprinkle top with remaining ¼ cup nuts. Cover; chill in refrigerator. Makes 12 to 16 servings.

**Note:** American Spoon Foods of Michigan sells 4-ounce packages of hickory nut meats for $7.95. To order, contact 888/735-6700; www.spoon.com.

### Buttercream Frosting

- ⅔ cup sugar
- 3 Tbsp. water
- 4 slightly beaten egg yolks
- 1 tsp. vanilla
- 1 Tbsp. brandy or cognac
- 1 cup unsalted butter, softened

In a heavy saucepan combine sugar and water. Bring to boiling; remove from heat. Gradually stir about half of the sugar mixture into the egg yolks. Return mixture to saucepan. Bring to a gentle boil; reduce heat. Cook and stir for 2 minutes. Remove from heat. Stir in vanilla and brandy; let cool.

In a mixing bowl with an electric mixer on high speed beat butter until fluffy. Add cooled sugar mixture, beating until well combined. If necessary, chill until easy to spread. ❑



*Continued from page 153*

tender. Remove shanks to a serving platter. Skim fat from cooking liquid. Serve shanks with the cooking liquid. Makes 6 servings.

### Potato Gratin with Apple-Smoked Bacon

- 3 slices apple-smoked bacon, hickory-smoked bacon, or honey-and-maple-flavored bacon, chopped
- 1 Tbsp. snipped fresh thyme
- 1 Tbsp. snipped fresh sage
- 4 garlic cloves, minced
- 2 lb. baking potatoes (6 medium), peeled and cut into ¼-inch-thick slices
- 1 cup chicken broth
- Salt and pepper
- 2 Tbsp. grated Parmesan cheese

In a medium skillet cook bacon over medium heat until crisp, stirring occasionally. Add thyme, sage and garlic. Cook and stir for 1 minute more. Remove from heat.

Place potato slices in a 1½-quart casserole. Add bacon mixture and chicken broth. Season with salt and pepper. Toss gently to combine.

Cover and bake in a 375° oven for 30 minutes; stir. Bake, uncovered, for 20 to 25 minutes more or until potatoes are tender. Sprinkle with grated Parmesan cheese; bake for 3 to 4 minutes more or until cheese is lightly golden. Makes 6 servings.

### Country Apple Tart With Almond Cream

- 1 lb. tart baking apples, peeled, cored, and quartered
- 1 Tbsp. butter, softened
- 2½ lbs. tart baking apples, peeled, cored, and sliced
- 2 Tbsp. sugar
- 2 Tbsp. all-purpose flour
- 1 sheet puff pastry (half of a 17¼-oz. package)
- ½ cup almonds, ground
- 1 slightly beaten egg
- 3 Tbsp. sugar
- 3 Tbsp. whipping cream
- 2 tsp. finely shredded lemon peel
- 2 Tbsp. brandy

Place quartered apples in a 2-quart square baking dish. Bake, covered, in a 325° oven for 35 to 45 minutes or until very tender. Stir or mash apples until they are the consistency of applesauce. You should have about 1 cup. Set aside. Increase oven temperature to 400°.

In a 12-inch skillet, melt the butter over medium heat. Add the sliced apples. Heat, stirring gently, for 5 minutes; remove from heat. Stir together the 2 tablespoons sugar and flour. Add to sliced apples; toss to coat. Set aside.

For the crust, on a lightly floured surface, roll pastry thinly to a 16-inch square. Trim corners to form a circle. Ease pastry into an ungreased 11-inch tart pan with removable bottom, allowing excess to extend over edges. (Do not trim.)

Sprinkle half the nuts over bottom of pastry; press gently. Drop small spoonfuls of apple compote over nuts and spread carefully to form an even layer. Spoon sliced apples over compote.

In a small bowl, combine egg, 3 tablespoons sugar, and cream. Stir in lemon peel, brandy, and remaining almonds. Pour over apples.

Fold pastry edges up and over the filling, pleating to fit. Place tart pan on cookie sheet. Bake in 400° oven for 25 minutes. Cover loosely with foil and bake 25 minutes more. Cool slightly. Serve warm. (Bottom crust will be soft rather than crisp.) Makes 10 servings. ❑

*For more information about the gourmet market and cooking school, including a schedule of classes, contact MarieCuisine at 249 E. Main St., Fredericksburg, TX 78624; 830/990-0498; www.mariecuisine.com.*

STAPLES

# LOW FAT TASTEFULLY DISGUISED AS HIGH CUISINE.

Swanson® Chicken Broth is the 99% fat-free way to add flavor.

**SWANSON®**
**ASIAN GLAZED CHICKEN & STIR-FRY VEGETABLES**

Prep/Cook Time: 25 min.

3 tbsp. cornstarch
1 can (14 1/2 oz.) Swanson® Chicken Broth (1 3/4 cups)
1/3 cup **each** cider vinegar **and** honey
1 tbsp. soy sauce.
1/4 tsp. crushed red pepper
4 boneless chicken breast halves
1 cup thinly sliced carrots
1 can (8 oz.) sliced water chestnuts, drained
2 cups snow peas
4 cups **Broth Simmered Rice**

**MIX** cornstarch, broth, vinegar, honey, soy and pepper in cup until smooth.

**COOK** chicken in nonstick skillet until browned.

**ADD** cornstarch mixture, carrots and water chestnuts. Cook until mixture boils and thickens, stirring. Cover and cook over low heat 5 min. or until done. Stir in snow peas. Serve with Broth Simmered Rice. Serves 4.

**Broth Simmered Rice:** Cook rice in Swanson® Chicken Broth instead of water. No need to add salt or butter.

See www.swansonbroth.com for nutritional values and more meal ideas.

And call 1-800-44-BROTH for a free cookbook.

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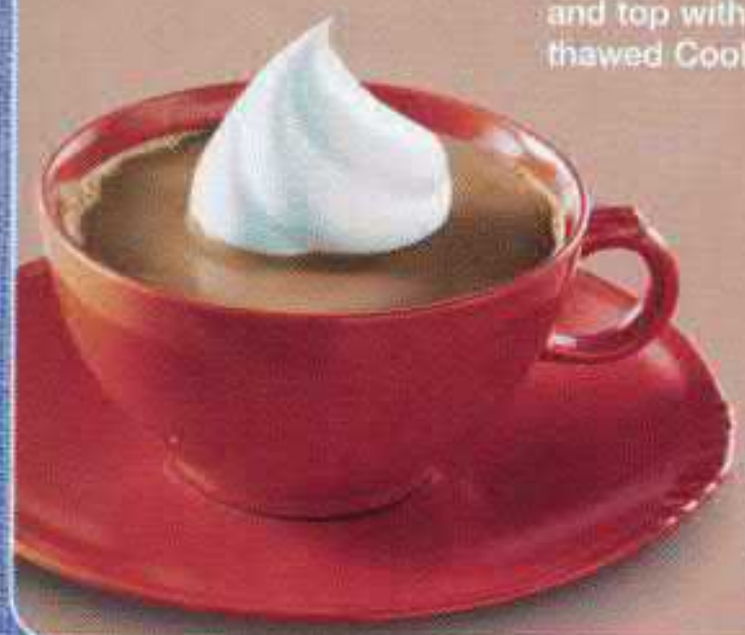
2005

# 4 desserts under 100 calories each. Treat yourself.

## Suisse Mocha Swirl
45 calories

Prepare 8-oz. serving of General Foods International Sugar Free Suisse Mocha and top with 1 tbsp. of thawed Cool Whip Lite.




## Nilla Yogurt Freeze
70 calories

Cover bottom of paper-lined muffin cup with 1 Reduced Fat Nilla Wafer; top with combined 2 tbsp. each thawed Cool Whip Lite and fat free strawberry yogurt, and 1 wafer. Freeze until firm.

## Berry Crunch Parfait
70 calories

Layer 1/2 cup strawberries, 2 tbsp. thawed Cool Whip Lite and 2 tbsp. Post Honey Bunches of Oats cereal in dish.

## Jell-O in a Cloud
45 calories

Spread 1/4 cup thawed Cool Whip Lite in dish; fill with 1/2 cup cubed Sugar Free Jell-O gelatin.

Visit coolwhip.com for complete nutrition and preparation information.

JAN.-FEB. 2005

WRITTEN BY
LISA KINGSLEY

PHOTOGRAPHED BY
MARIA ROBLEDO

FOOD STYLING BY
ANNE DISRUDE

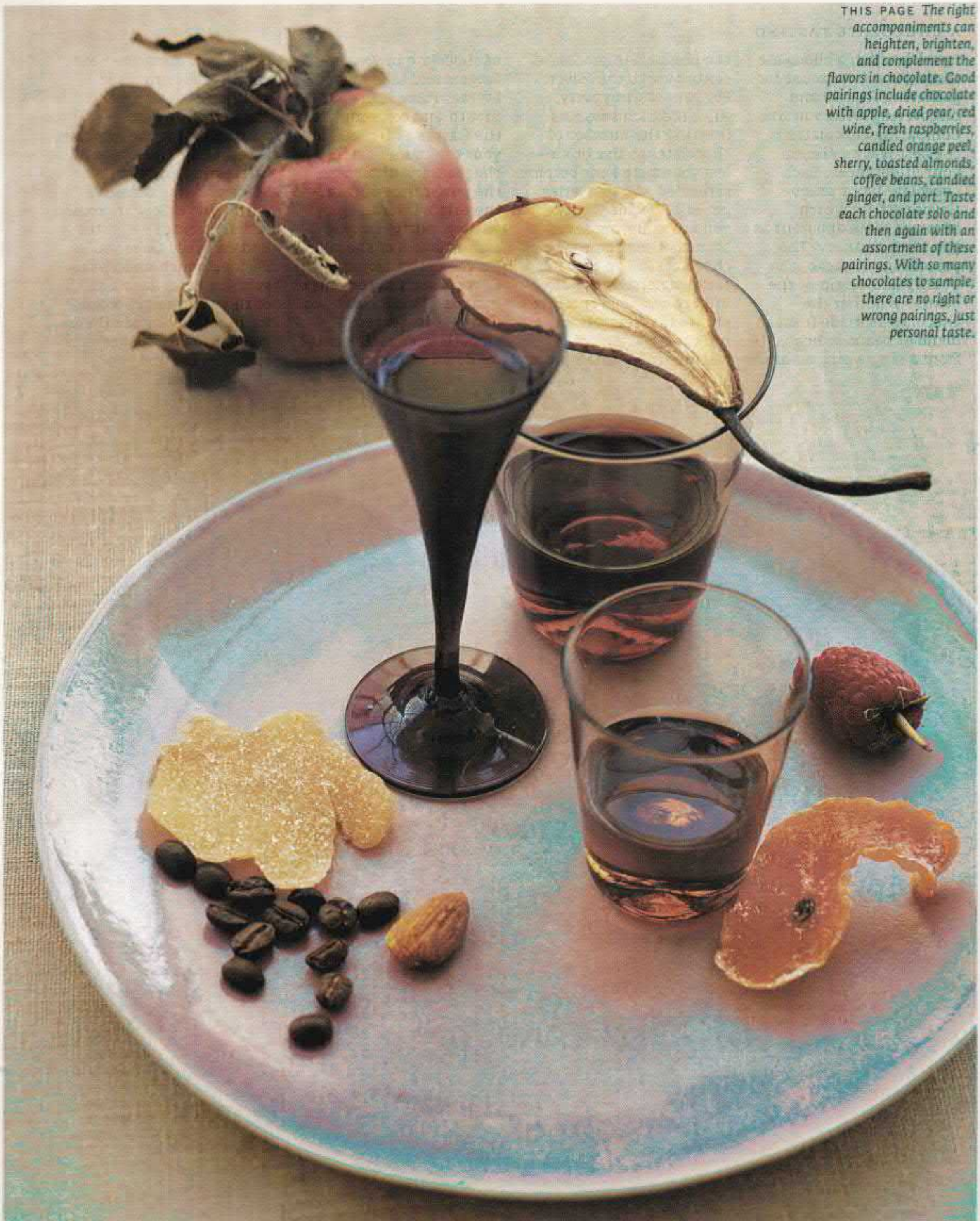
PROP STYLING BY
SUZANNE SHAKER

PRODUCED BY
LISA HOLDERNESS

# THE NEW FLAVORS OF CHOCOLATE

Chocolate has changed.
In descriptive terms, "milk"
and "dark" no longer do it justice.
While we once reached for just a bite
of sweet, today's specialty
chocolates are about taste,
resonating with complex flavors
from the cacao beans.
Alice Medrich, chocolate expert
and author of *Bittersweet: Recipes*
*and Tales from a Life in Chocolate,*
says the image of chocolate has shifted
from candy to luxury item,
and the quality and selection
have never been better.
She suggests hosting a chocolate-
tasting party as a delicious way
to learn about some of the world's
finest offerings. Next, try your
new finds in Alice's top chocolate
recipes (see page 112).

JAN. FEB. 2005

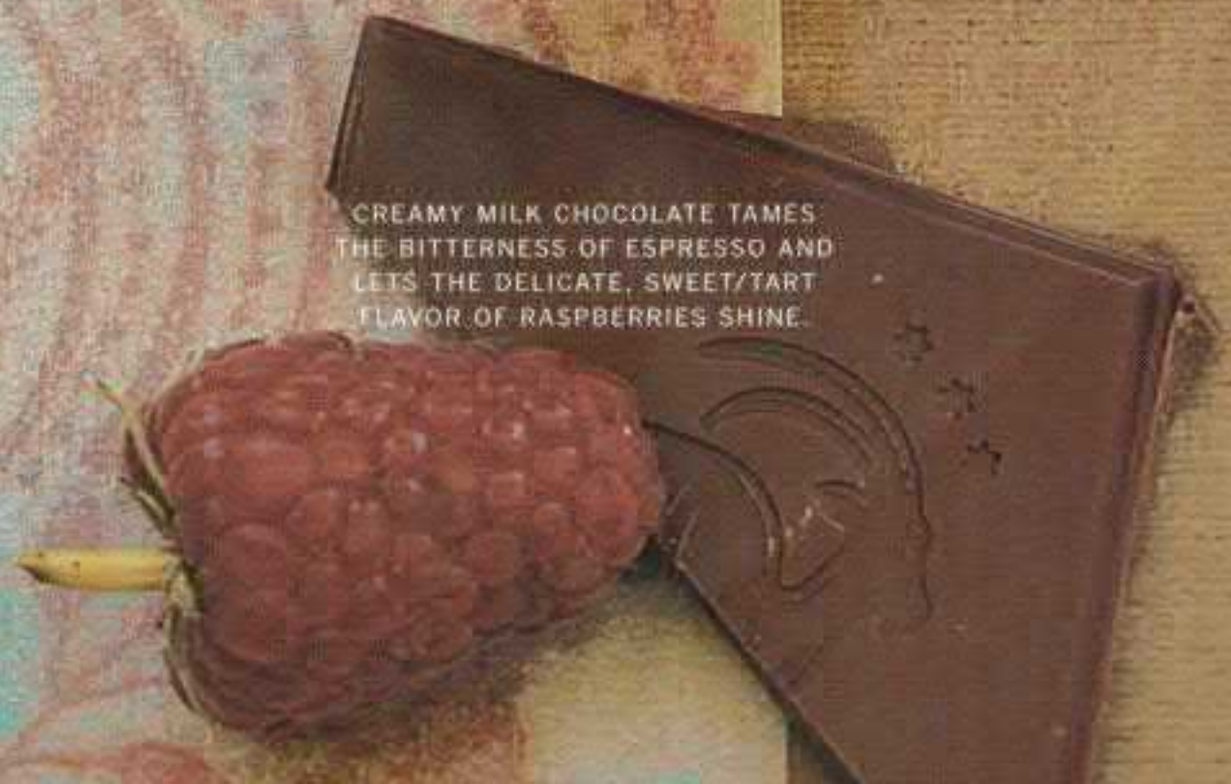


THIS PAGE *The right accompaniments can heighten, brighten, and complement the flavors in chocolate. Good pairings include chocolate with apple, dried pear, red wine, fresh raspberries, candied orange peel, sherry, toasted almonds, coffee beans, candied ginger, and port. Taste each chocolate solo and then again with an assortment of these pairings. With so many chocolates to sample, there are no right or wrong pairings, just personal taste.*

## A CHOCOLATE TASTING

As with wine, a chocolate tasting is a fun excuse for gathering friends and discovering what you like. Comparing chocolates is the best way to discern your preferences. Each chocolate has a unique flavor profile, which becomes more apparent as you taste a variety. The percentage of cacao, the quality and origin of the beans—whether the chocolate is made from a blend of beans or beans from a single origin—and the production process all contribute to the flavor. For your tasting party, Alice Medrich suggests limiting the number of chocolates to five or six—lest your taste buds become saturated and subtleties get lost. Decide whether you are sampling several brands of the same type of chocolate (all 70 percent cacao bittersweet or all milk chocolates) or a mix of types, varying from milk to dark. Before tasting, rub a small piece of chocolate in your fingers and take in its aroma. Place it in your mouth and contemplate the flavors as it melts on your tongue. Consider the pleasant bitterness, the pure tastes of cacao—the earthy, floral, spicy, citrusy, nutty, smoky, fruity flavors of chocolate. Do you detect tropical flavors, such as coconut or banana? Vanilla, salt, or dairy? Is its texture smooth or slightly gritty? Jot down your conclusions before sampling the next variety. Few groups of tasters will ever agree 100 percent about pairings. "But the exercise is revealing and interesting and fun," Medrich says. We agree with that. Below are some of the pairings we tasted and enjoyed. Once you've decided which chocolates suit you best, keep a stash of them in the cupboard for nibbling—or use them beautifully in the desserts on pages 104 and 105.

TRY THE SWEET, BUTTERY FLAVOR OF WHITE CHOCOLATE WITH THE SALTINESS OF PRETZELS.



CREAMY MILK CHOCOLATE TAMES THE BITTERNESS OF ESPRESSO AND LETS THE DELICATE, SWEET/TART FLAVOR OF RASPBERRIES SHINE.

## CHOCOLATE DEFINED

**CACAO VS. COCOA** Although these terms are sometimes used interchangeably, cacao (kah-KAY-oh) refers to the source of all chocolate (cacao tree, the cacao beans, and cacao paste—also called liquor). Cocoa powder is the cacao paste that has had most of the fat extracted from it and has been ground into powder.

**BITTERSWEET & SEMISWEET** Interchangeable terms; they range in cacao solids from 35 percent to more than 70 percent. The higher the cacao solids, the more intense the flavor and the less added sugar and cocoa butter.

**MILK CHOCOLATE** Has a softer texture than bittersweet varieties. With a milder, milkier flavor that often includes caramel notes, milk chocolate is mostly eaten out of hand versus used in baking.

**WHITE CHOCOLATE** Good-quality white chocolate has a creamy, custardy, cooked-milk flavor. Technically, white chocolate isn't chocolate because it doesn't contain any chocolate liquor—just cocoa butter.

**CACAO NIBS** These are roasted, crushed cacao beans that are used to make chocolate. Nibs are unsweetened, crunchy, and bitter. They make a good addition to a tasting because they are the very essence of chocolate.

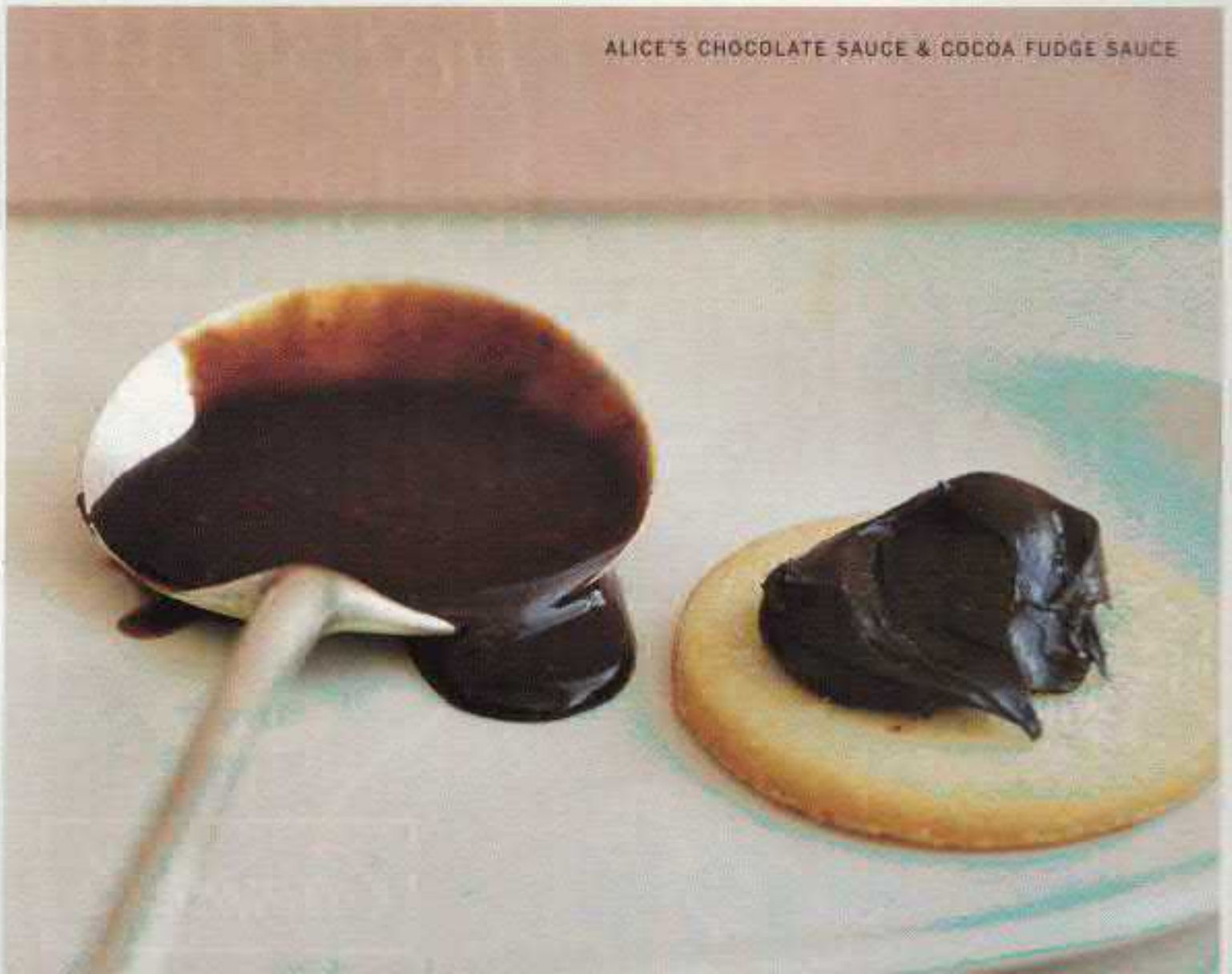
A MID-RANGE SEMISWEET CHOCOLATE (50 TO 65 PERCENT CACAO) IS BOLD ENOUGH FOR ACIDIC DRIED FRUITS, SUCH AS PINEAPPLE OR APRICOT.

PEARS AND RICH, SOFT CHEESES LIKE CAMEMBERT ARE AN AGE-OLD COMBO. ADD LESS-SWEET, 70 PERCENT CACAO CHOCOLATE FOR AN INTERESTING SAMPLING.

TRUFFLES AU COCOLAT

WARM MOCHA TART

INTENSELY BITTERSWEET SOUFFLÉS



ALICE'S CHOCOLATE SAUCE & COCOA FUDGE SAUCE

# THE DISH

WRITTEN BY
JENNIFER IRSFELD

PRODUCED BY
LISA HOLDERNESS

Satisfy your need for comfort food with heart-warming cornmeal biscuits, hearty soup and panini sandwiches, and gratifying bistro fare.

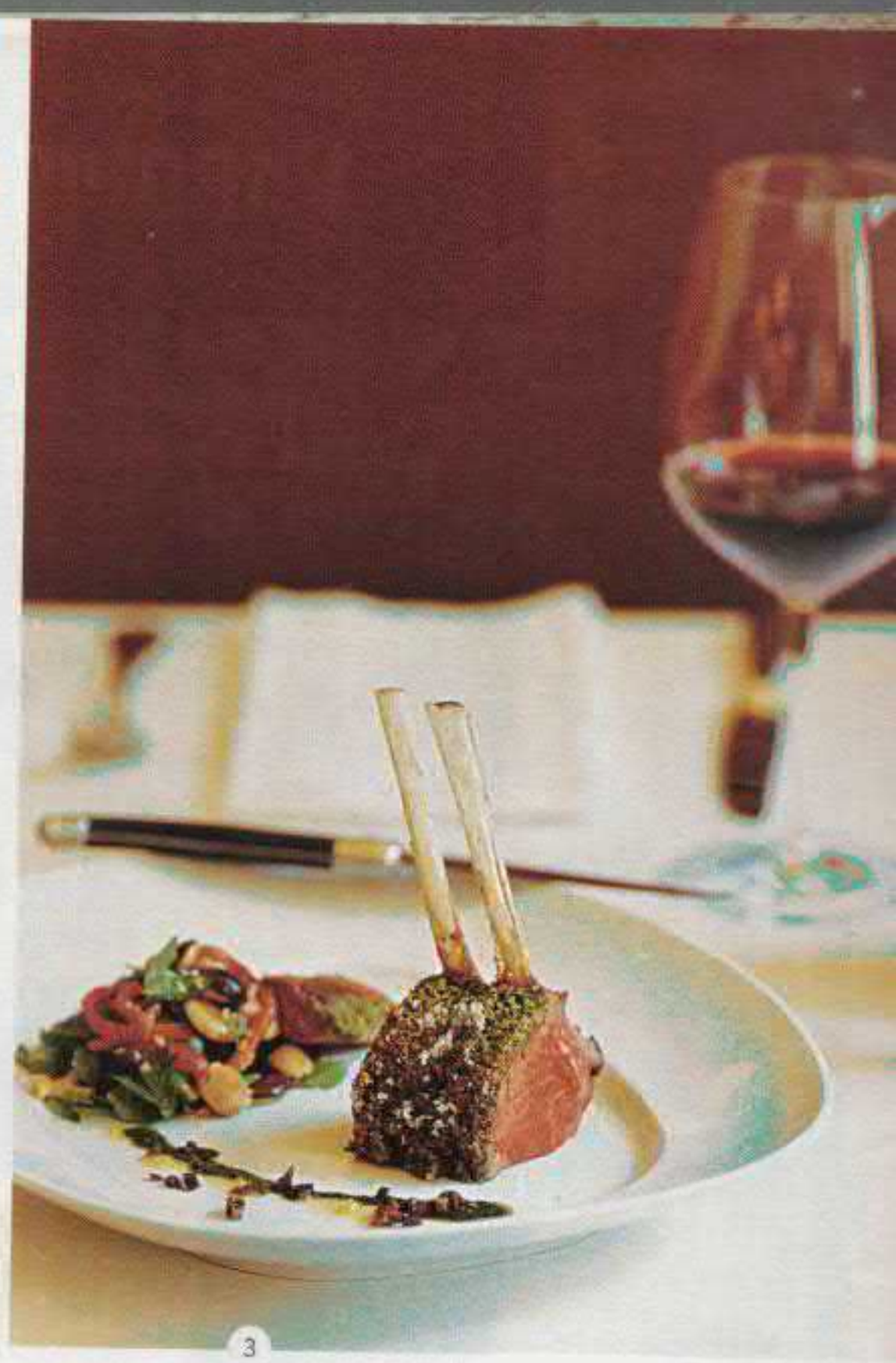
*Baked with love, our Heart-Shape Cornmeal Biscuits with a hint of lemon and vanilla are just the thing for valentines of all ages. For the recipe, see page 120.*

# THE DISH

1

**1–3) MUST EAT: ZINC BISTRO**
*Zinc Bistro owner Terry Ellisor's (1) love of French bistros is so strong, he strives to provide a similar experience in his Scottsdale, Arizona, restaurant. This includes the authentic interior (2), with a 25-foot zinc bar outfitted with an import-only wine list, and chef Matt Carter's lighter modern takes on French standards. In one signature dish (3), Carter pairs parsley-encrusted roasted lamb (recipe* below right*) with a lemon-vinaigrette-dressed arugula, red pepper, and niçoise olive salad. "Start with the best, freshest organic produce and meats, and keep the cooking simple," advises Carter. Zinc Bistro, 15034 N. Scottsdale Rd., Scottsdale, Arizona; 480/603-0922.*

2



3

**4) RECIPE OF THE MONTH**
*Nutrient-rich broccoli raab is beloved in Italy for its pungent leafy greens. Try our Broccoli Raab with Currants and Pine Nuts for a zesty side dish.*

*Bring ⅓ cup balsamic vinegar to boiling. Boil steadily about 10 minutes or until thickened and reduced to about 1 tablespoon. Meanwhile, to blanch greens, which tempers bitterness, add 1½ pounds broccoli raab, stems trimmed, to a large pot of boiling water. Cook 30 seconds. Drain; immerse in ice water. Drain well.*

*In a large skillet cook 3 to 4 cloves garlic, chopped, in 1 tablespoon hot olive oil over medium heat just until tender. Add broccoli raab and 2 tablespoons currants. Cook 2 to 3 minutes or until crisp-tender, stirring occasionally. Toss with 1 to 2 tablespoons pine nuts. Drizzle with vinegar. To serve, top with 1 ounce shaved Parmigiano-Reggiano cheese. Makes 4 servings.*



4

### ZINC BISTRO'S LAMB PERSILLADE

- ⅓ CUP BUTTER, SOFTENED
- ⅔ CUP ITALIAN PARSLEY, WASHED AND DRIED
- ⅓ CUP GROUND PANKO BREAD CRUMBS
- 1 TSP. GARLIC PUREE
- 2 TBSP. EXTRA-VIRGIN OLIVE OIL
- 1 EIGHT-BONE LAMB RIB ROAST (FRENCHED), BACKBONE REMOVED (1–1¼ LB.)
- 1 TBSP. SALAD OR GRAPESEED OIL

Puree butter and half the parsley in a food processor. Fold panko into puree; season with salt and pepper. Place mixture between 2 sheets of parchment paper and roll out to a ⅛-inch-thick rectangle the size of the roast; refrigerate.

Puree the remaining parsley, garlic, and olive oil in a blender until smooth. Season and set aside.

Heat a large broiler-proof sauté pan over medium-high heat. Wrap lamb bones with aluminum foil. Sear lamb in salad oil, browning on both sides (about 2 minutes per side). Place in a 400° oven and roast about 10 minutes or until instant-read thermometer inserted in center registers 135°. Rest lamb on a wire rack in a warm area for at least 5 minutes. Turn oven to broil. Place persillade on top of lamb. Press down until it fits firmly. Place lamb under broiler, about 5 inches from heat. Broil 5 to 8 minutes or until crumbs are golden brown.

For each plate, cut under two lamb bones to stand them upright. Decorate with parsley puree and lemon peel, if desired. Makes 4 servings.

# THE RECIPES

## ALICE'S CHOCOLATE SAUCE

*Serve this sauce with ripe fresh fruit and chunks of cake, and you've got chocolate fondue.*

- 10 OZ. BITTERSWEET OR SEMISWEET CHOCOLATE, FINELY CHOPPED*
- ½ CUP MILK, HALF-AND-HALF, HEAVY CREAM, OR ANY COMBINATION
- ½ TSP. PURE VANILLA EXTRACT
- PINCH SALT

Place chocolate and milk or cream (if using milk add 2 tablespoons unsalted butter, if desired) in a large heatproof bowl and set in a wide skillet of barely simmering water. Stir frequently until chocolate is melted and smooth. If sauce appears too thick or curdled, add additional milk, 1 tablespoon at a time until desired consistency.

Remove from water and stir in vanilla and salt. Store sauce in sealed container for several days in the refrigerator or freeze for up to 3 months. *Makes 1½ cups sauce.*

*NOTE: We made this sauce with Michel Cluizel 1st Cru 65% cacao from Madagascar, but any semisweet or bittersweet will work.

## COCOA FUDGE SAUCE

*When warm, this intensely chocolaty sauce is perfect atop ice cream. Or, cool it a bit and spread on top of shortbread cookies or a cake.*

- ½ CUP UNSWEETENED COCOA POWDER (NATURAL OR DUTCH-PROCESS)*
- ½ CUP SUGAR
- ½ CUP HEAVY CREAM
- 3 TBSP. UNSALTED BUTTER, CUT INTO PIECES
- ½ TSP. PURE VANILLA EXTRACT (OPTIONAL)

Place the cocoa and sugar in a heavy small saucepan. Stir in just enough of the cream to make a smooth, thick paste, then stir in the rest of the cream and add the butter pieces. Stir over low heat until butter is melted and sauce is smooth and hot but not simmering. Taste; add vanilla, if desired.

Spoon the warm sauce over ice cream. Or, for frosting, cool until spreadable. Store the sauce in a covered container in the refrigerator for up to a week or freeze for up to 3 months. To reheat or thaw, put the sauce in a heatproof bowl set in a wide skillet of barely simmering water and stir occasionally until the sauce is the desired consistency. Or microwave on medium (50%) power, using short bursts and stirring frequently. Do not allow the sauce to simmer or boil. *Makes 1½ cups sauce.*

*NOTE: Alice Medrich developed this chocolate sauce using Scharffen Berger natural cocoa powder, which is fruity and aromatic. Any cocoa powder will work; just taste the sauce and adjust the sugar if harsh. To tone down the intensity, add a little butter or cream.

## WARM MOCHA TART

*After the crust has baked, the silky, cocoa-custard filling needs just a few minutes in the residual heat of the oven to complete this simple but elegant tart.*

- 8 TBSP. (1 STICK) UNSALTED BUTTER, MELTED
- ¼ CUP SUGAR
- ¾ TSP. PURE VANILLA EXTRACT
- ⅛ TSP. SALT
- 1 CUP ALL-PURPOSE FLOUR
- 1 CUP HEAVY CREAM
- ½ CUP SUGAR
- ¼ CUP UNSWEETENED COCOA POWDER (NATURAL OR DUTCH-PROCESS)*
- 3 TBSP. UNSALTED BUTTER, CUT INTO CHUNKS
- 1¼ TSP. INSTANT ESPRESSO POWDER OR 1½ TSP. INSTANT COFFEE CRYSTALS
- ½ TSP. PURE VANILLA EXTRACT
- 1 LARGE EGG, LIGHTLY BEATEN
- UNSWEETENED COCOA POWDER FOR DUSTING (OPTIONAL)

To make the tart crust: Mix the melted butter, the ¼ cup sugar, ¾ teaspoon vanilla, and salt in a medium bowl. Add the flour and mix just until well blended. Don't worry if the dough seems too soft. Press all of the dough very thinly and evenly into the bottom and up the sides of a 9½-inch tart pan with removable bottom. Position a rack in the lower third of the oven. Bake in a 350° oven for 20 to 25 minutes, or until the crust is a deep golden brown.

Meanwhile, make the filling: Place cream, ½ cup sugar, ¼ cup cocoa powder, and 3 tablespoons butter in a medium saucepan and cook over medium heat, stirring, until the mixture is blended and smooth and begins to simmer around the edges. Remove from heat and stir in the espresso powder and ½ teaspoon vanilla. Just before the crust is ready, whisk egg thoroughly into the hot chocolate mixture.

Pour the filling into the hot crust and turn off the oven. Leave the tart in the oven until it quivers like tender gelatin in the center when the pan is nudged, about 10 to 12 minutes. Cool slightly on a rack. Dust with additional cocoa powder, if desired. Serve tart warm or at room temperature. *Makes 8 to 10 servings.*

*NOTE: Either natural or Dutch-process cocoa works well here. Natural has a livelier, more complex, fruity flavor, while Dutch-process has a cozy, old-fashioned flavor reminiscent of chocolate pudding. Consider Scharffen Berger natural cocoa powder.

## INTENSELY BITTERSWEET SOUFFLÉS

*These petite, dinner-party-perfect soufflés can be prepared right up to baking, then refrigerated for 24 hours.*

- 2 TBSP. SUGAR
- 8 OZ. BITTERSWEET 70% CACAO CHOCOLATE, FINELY CHOPPED*
- ⅓ CUP MILK
- 1 TBSP. UNSALTED BUTTER
- 3 LARGE EGGS, SEPARATED, AT ROOM TEMPERATURE
- 1 LARGE EGG WHITE, AT ROOM TEMPERATURE
- ⅛ TSP. CREAM OF TARTAR
- ⅓ CUP SUGAR
- POWDERED SUGAR FOR DUSTING (OPTIONAL)

Butter eight 6-ounce ramekins and sprinkle with 2 tablespoons sugar.

Place the chocolate, milk, and butter in a large heatproof bowl in a large skillet of barely simmering water. Stir until chocolate is melted and mixture is smooth. Remove the bowl from the water bath and whisk in the egg yolks. (Don't worry if the mixture stiffens slightly or is less than perfectly smooth at this point.) Set aside.

In a medium, dry bowl, beat the egg whites and cream of tartar with an electric mixer on

*continued on page 113*

medium speed until soft peaks form. Gradually sprinkle in the ⅓ cup sugar and beat at high speed until the whites are stiff but not dry. Fold one-quarter of the egg whites into chocolate mixture, then fold in the remaining egg whites.

Divide the mixture evenly among the prepared ramekins, filling each three-quarters full. (The soufflés can be prepared to this point, covered, and refrigerated for up to 24 hours. Bake directly from the refrigerator.)

Place the soufflés on a cookie sheet. Position a rack in the lower third of the oven. Bake in a 375° oven until soufflés rise and crack on top and a wooden skewer plunged into the center emerges very moist and gooey (but the centers are not completely liquid), 14 to 17 minutes, perhaps a minute or so longer if the soufflés have been refrigerated.

Remove soufflés from the oven and serve immediately. Sift powdered sugar over the top, if desired. *Makes 8 servings.*

*NOTE: This is a remarkably versatile recipe. You can substitute a lower percentage bittersweet or semisweet chocolate if you prefer a sweeter, less intense chocolate flavor; reduce the sugar to ¼ cup to partially compensate for the sweeter chocolate, if desired. There is no need to make other changes in the recipe.

### MILK CHOCOLATE LOVER'S ICE CREAM

*We tested this with Guittard 38% Cacao Soleil d'Or Milk Chocolate, but any good milk chocolate will give this smooth ice cream its great milk chocolate flavor.*

- 1½ CUPS WHIPPING CREAM
- 1½ CUPS MILK
- ½ CUP SUGAR
- 4 LARGE EGG YOLKS
- ½ TSP. PURE VANILLA EXTRACT
- 8 OZ. MILK CHOCOLATE, VERY FINELY CHOPPED

Place a strainer over a medium bowl and set near the stove for the finished ice cream base. In a medium saucepan, bring the cream, milk, and sugar to a simmer over medium heat.

Meanwhile, in a medium bowl, whisk the egg yolks together just to combine them. Whisking constantly, pour the hot cream mixture slowly into the egg yolks. Scrape the mixture from the bowl back into the saucepan and cook over medium heat, stirring constantly, until the mixture thickens slightly and registers between 175° and 180°. Mixture should just coat a metal spoon. Strain the mixture into the clean bowl. Stir in the vanilla and set aside to cool slightly.

Meanwhile, place the chocolate in a medium stainless-steel bowl and set in a pan of hot tap water for several minutes to melt it gently. Stir with a clean, dry spatula until smooth, about 10 minutes. (If the water cools down, replace it with more hot tap water.) Remove bowl from pan. Pour warm cream mixture over the chocolate; stir until completely blended. Let cool, then refrigerate, covered, several hours or overnight until chilled.

Freeze according to instructions for your ice-cream maker. *Makes about 4 cups.*

### TRUFFLES AU COCOLAT

*Alice has been making these truffles for more than 30 years! Great for holidays and gift-giving, you can chill the truffles for up to two weeks or freeze for up to three months.*

- 1 LB. BITTERSWEET OR SEMISWEET CHOCOLATE, COARSELY CHOPPED*
- 10 TBSP. UNSALTED BUTTER, CUT INTO SMALL PIECES
- 2 LARGE EGG YOLKS, AT ROOM TEMPERATURE
- ½ CUP BOILING WATER OR FRESHLY BREWED HOT ESPRESSO
- ½ CUP UNSWEETENED COCOA POWDER (NATURAL OR DUTCH-PROCESS)

Line bottom and sides of an 8×8×2-inch

*continued on page 114*

**Jell-O® No-Bake Real Cheesecake.**

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# Lunch Box Inspiration

Adding inspiration to the daily task of lunch-making can be challenging. Here are some sure-fire sandwich ideas to make lunchtime fun for the whole family. All of these sandwiches are especially delicious when made with Sun-Maid Cinnamon Swirl Raisin Bread!

*Cream cheese with strawberry jam*

*Peanut butter and banana slices*

*Turkey and cream cheese*

*Peanut butter, apple and cheddar cheese*

*Monte Cristo*

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SUN·MAID




baking pan with parchment paper or foil. Set aside.

Place the chocolate and butter in a medium heatproof bowl in a wide skillet of barely simmering water over low heat. Stir frequently until the chocolate and butter are almost completely melted and smooth. Remove the bowl and stir with a spatula to complete the melting. Set aside. Leave the heat under the skillet on low.

Place the egg yolks in a small heatproof (preferably stainless-steel) bowl and gradually whisk in the boiling water. Place the bowl in the skillet of water and stir constantly with a heatproof spatula, sweeping the bottom of the bowl to prevent the eggs from scrambling, until the mixture registers 160° on an instant-read thermometer, about 3 to 4 minutes. (You will have to remove the bowl from the skillet to take the temperature unless you are agile enough to stir, hold, and read the thermometer at the same time.) For safety, rinse the thermometer stem in the simmering water to sterilize it after each reading. When the yolk mixture is ready, scrape it immediately from the bowl into the melted chocolate. Stir gently (without whisking or beating) until completely blended and smooth. Pour the mixture through a fine-mesh strainer, if necessary, into the lined pan and spread it evenly. Cover and chill until firm, at least 2 hours.

Put the cocoa powder in a medium bowl. Remove the truffle pan from the refrigerator and use the parchment or foil to transfer the truffle sheet to a cutting board. Allow it to soften until you can cut it without it cracking, about 30 minutes if the mixture is very hard. Invert the sheet and peel off the liner. Cut the truffles into 1-inch squares or smaller and toss them in the bowl of cocoa powder. You can leave the truffles square or dust your hands with cocoa and roll truffles into balls. (Store the truffles tightly covered for up to 2 weeks in the refrigerator or freeze for up to 3 months. Remove from the refrigerator about 20 minutes before serving to soften slightly.) *Makes 64 truffles.*

*NOTE: When making these smooth, rich truffles, the bittersweet or semisweet chocolate should not exceed 61% or 62% cacao. We used Callebaut. Alice often uses Scharffen Berger.

### OUR CHOCOLATE EXPERT

*Alice Medrich's life changed with just one bite of a truffle that had been made by her landlady when she was living in Paris as a young woman. A few years later, she moved back to California and opened Cocolat, a Parisian-inspired dessert shop in Berkeley, and then went on to become a three-time Cookbook of the Year award-winner. Our recipes are from her most recent book,* Bittersweet: Recipes and Tales from a Life in Chocolate *(Artisan, 2003; $35).*

### WHERE TO GET GREAT CHOCOLATE

*Here's our short list of readily available chocolates—it's by no means an exhaustive one. After all, the hunt is half the fun.*

SCHARFFEN BERGER, 800/930-4528; WWW.SCHARFFENBERGER.COM
*70% Cacao Bittersweet*
*62% Cacao Semisweet*
*41% Cacao Milk Chocolate*

EL REY, 800/357-3999; WWW.CHOCOLATESELREY.COM
*61% Cacao Mijao Dark Chocolate*
*Icoa White Chocolate*

MICHEL CLUIZEL
*Tamarina 70% Cacao Dark Chocolate*
*1st Cru 65% Cacao from Madagascar*
AVAILABLE AT 888/636-8162, WWW.ZINGERMANS.COM

SCHOKINAG
*28% Cocoa Butter White Chocolate*
AVAILABLE AT 866/972-6879, WWW.WORLDPANTRY.COM

*The following are available from Chocosphere (877/992-4626; www.chocosphere.com), which offers a wide selection of chocolates from all over the world.*

GUITTARD
*65% Cacao Colombian Dark Chocolate*
*38% Cacao Soleil d'Or Milk Chocolate*

VALRHONA
*56% Cacao Le Noir (Semisweet)*
*40% Cacao Le Lacte (Milk Chocolate)*

SLITTI
*Gran Bouquet Caffé Latte*

DOMORI
*Madagascar 70% Cacao*

AMEDEI
*Porcelana 70% Bitter Chocolate*

CALLEBAUT
*62% Cacao Bittersweet Dark Chocolate*

**94 ON SECOND THOUGHT**

*See Index on page 116.*

Architect—Kate Johns, AIA. Construction—Gary J. Lowe.
**PAGE 94.** #C632 Newcastle Pendant Light, $83; #224CE-15 Shade, $54—Rejuvenation. #650RS Refrigerator/freezer, $5,800—Sub-Zero Freezer Co. Cabinets, custom—Hopper Cabinet Co. #34L Geometric Checkerboard rug, $16/sq. ft.—Woodard & Greenstein.
**PAGE 97.** 1. #OE1009 Faucet, $945; #ARX 110-14 Sink, $250—Franke Consumer Products Inc.
2. Countertop, sink—Vermont Soapstone Co. #OE989 Faucet, $1,1195—Franke Consumer Products Inc.
3. #DD503SS Dish Drawers, $1,349—Fisher & Paykel Appliances.
**PAGE 98.** Toile fabric #F2056 Crespières—Pierre Frey. #WL-221 Library Wall Lamp, $415—O'Lampia Studio, Inc.
**PAGE 99.** #WI9301 Washer, $1,999; #TI5201 Dryer, $1,299, custom panels—Miele Appliances. #C835 Skidmore Pendant Light (antique shades), $93—Rejuvenation. Shades, wood countertop, sink, antiques—Jeremiah Rusconi. #44M Appleton rug, $16/sq. ft.—Woodard & Greenstein.

**86 TROPICAL PUNCH**

*See Index on page 116.*

Architect—Pierce Allen.
**PAGE 89. Bottom left:** Fabrics: Marie (bedcover); Palm (pillow)—Les Indiennes.
**PAGE 90. 4.** Pillow fabric: Daisy—Les Indiennes.
**5.** Fabrics: Isabelle (swag); Pierette (bedcover top); Rayure (bedcover bottom)—Les Indiennes.
**6.** Pillow fabrics: LaReine (top); Jacqueline (stacked)—Les Indiennes.

**100 THE NEW FLAVORS OF CHOCOLATE**

*See Index on page 116.*

**PAGE 101.** #840992 Christiane Perrochon porcelain plate, light violet, $95—ABC Carpet & Home. Nadia 4 Tumbler, smoke, $21; Nadia 2 Tumbler, smoke, $24—Juliska.
**PAGE 102.** Oscar Tusquets espresso cup, $55, Driade Victoria Collection—M at Mercer.
**PAGE 104.** #JHPCC Patrician Service Champagne Cup, $110, designed by Josef Hoffman—Neue Galerie. #841070 Christiane Perrochon ceramic plate, fuchsia, $65—ABC Carpet & Home.
**PAGE 105. Bottom right:** Parfait Spoon, sterling silver, limited edition, $600—Ted Muehling.

## RECIPES

### 107 THE DISH

#### HEART-SHAPE CORNMEAL BISCUITS

- 1¼ CUPS ALL-PURPOSE FLOUR
- ¾ CUP CORNMEAL
- ¼ CUP SUGAR
- 2 TSP. BAKING POWDER
- ¼ TSP. BAKING SODA
- ¼ TSP. SALT
- ⅓ CUP BUTTER
- 1 TSP. FINELY SHREDDED LEMON PEEL
- ⅔ CUP BUTTERMILK OR SOUR MILK
- 1 TSP. VANILLA
- SUGAR AND CORNMEAL

In a medium mixing bowl, stir together flour, the ¾ cup cornmeal, the ¼ cup sugar, baking powder, baking soda, and salt. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Add lemon peel. Make a well in the center of dry mixture; set aside. In a small mixing bowl, combine buttermilk and vanilla; add to dry mixture all at once. Using a fork, stir just until moistened.

Turn dough out onto a lightly floured surface. Quickly knead by folding and pressing gently for 10 to 12 strokes or until dough is nearly smooth. Roll to ½-inch thickness. Cut dough with a floured 2-inch heart-shape biscuit or cookie cutter, dipping the cutter into flour between cuts.

Arrange biscuits so they are just touching on an ungreased baking sheet or on a sheet lined with parchment paper. Sprinkle with sugar and cornmeal. Bake in a 400° oven for 10 to 12 minutes or until golden brown. Remove from baking sheet; serve warm. *Makes 12 to 15 biscuits.*

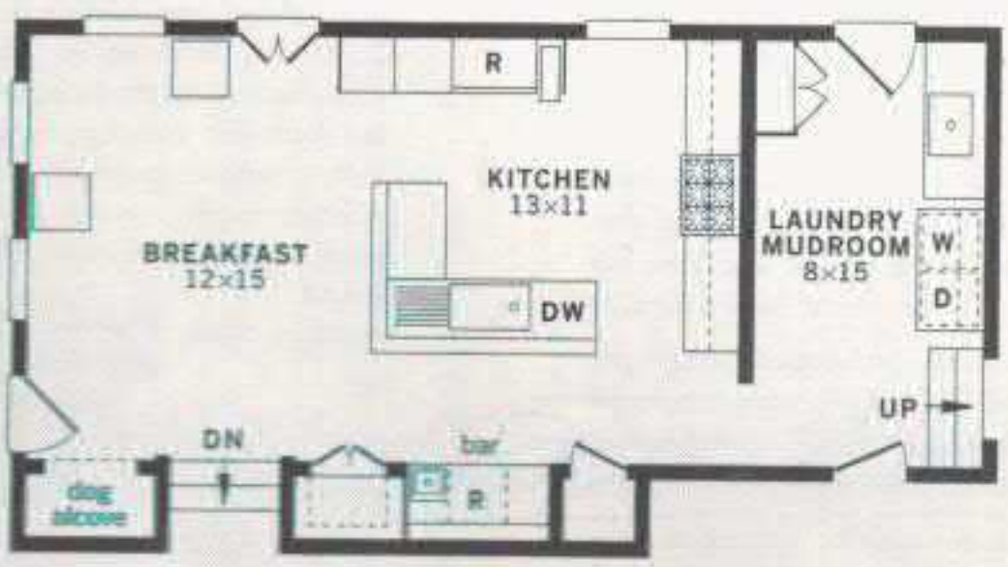
#### SHRIMP BISQUE

- 2 MEDIUM ONIONS, SLICED
- 2 MEDIUM CARROTS, THINLY SLICED
- 1 TBSP. SNIPPED FRESH CILANTRO
- 2 TSP. GRATED FRESH GINGER
- 2 CLOVES GARLIC, MINCED
- ½ TSP. GROUND ALLSPICE
- ¼ TSP. SALT
- 2 TBSP. BUTTER OR MARGARINE
- 1 14½-OZ. CAN CHICKEN BROTH
- 1 15-OZ. CAN PUMPKIN
- 1 13½-OZ. CAN UNSWEETENED COCONUT MILK OR 1¾ CUPS MILK
- 12 OZ. FRESH OR FROZEN, PEELED AND DEVEINED COOKED SHRIMP, THAWED

In a large pan, cook onions, carrots, cilantro, ginger, garlic, allspice, and salt in hot butter over medium heat, covered, for 10 to 12 minutes or until tender, stirring occasionally. Transfer mixture to a blender or food processor. Add ½ cup of the chicken broth. Cover and blend until nearly smooth.

In the same pan combine pumpkin, coconut milk, and remaining broth. Stir in vegetable mixture and cooked shrimp; heat through. *Makes 4 servings.*

ON SECOND THOUGHT PAGE 94



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# COUNTRY LIVING

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# SEASONAL PRESERVES

**Certain foods associated with the winter months can be put up—preserved—to sample all year round. Preserved foods make delicious gifts too.**

**The first in a series on making the most of each season's bounty.**

Myra Sable and Carol Rosenfeld, who developed these recipes, are food entrepreneurs. Starting small, with one delicious honey mustard, they now operate a full-scale gourmet condiment business. Their various recipes, packaged under the logo Sable & Rosenfeld, are available in many fine food stores throughout the country. (See Shopping Guide for details.)

### How to Preserve Your Goodies

**Sterilizing jars:** To avoid food spoilage, jars must be sterilized before they are filled. We find that our jars are perfectly scalded and sterilized if used straight from the dishwasher, set to its hottest temperature. Equally effective: Immerse washed jars totally in full boiling water for five minutes.

**Types of jars to use:** We prefer the Mason-type jar, which has a glass lid with a separate rubber sealer ring or a metal lid with a rubberized ring on it, and a metal screw ring for tightening the lid onto the jar. Some commercial jars work well, too, such as brand-name mayonnaise jars that have a metal screw cap with rubberized ring inside. The important thing is that the lid must have a rubber ring so that, when it is screwed *tight,* it makes a perfect seal against bacteria.

**Sealing with paraffin:** Not long ago, jams and jellies were always sealed with hot paraffin. It works perfectly well, but we find it messy and prefer the ease of self-sealing jars.

**Storing your preserves:** Always store preserves in a cool, dry, well-aired place. And it's a good idea to label and date each jar.

**Preserving:** We use two techniques, both quite simple: The open-kettle method, for food that has been cooked before preserving, and the boiling-bath method, for food that has *not* been cooked before preserving.

*Open-Kettle Method:* In this process, the food is cooked in an open kettle or pot and then packed boiling hot into scalded and sterilized self-sealing jars and sealed immediately.

**1.** Wash and sterilize jars in your dishwasher, or immerse in boiling water for five minutes. **2.** Add food to be preserved, to within a half-inch from top of jar. **3.** Wipe top of jar free of all syrup, seeds, etc., to ensure a perfect seal. **4.** As soon as you have filled the jar and wiped it clean, close and seal it tightly. **5.** Set jars upright, two to three inches apart, on cooling racks away from drafts and allow to cool completely. **6.** When cool, give one final tightening turn, and invert to ensure that there is no leakage. **7.** Store in a cool, dry, well-aired place.

*Boiling-Water-Bath Method:* This method is used when the fruit or other food being preserved has *not* been cooked.

**1.** Wash and sterilize jars in the dishwasher, or immerse in boiling water for five minutes. **2.** Add fruit or other food to be preserved, including its syrup (or whatever liquid is recommended), to within one inch from top of jar. **3.** Slide a sterilized knife around inside each jar, to release any air bubbles. **4.** Place tops on jars, tighten, then turn back two inches, to allow for expansion in the boiling-water bath. **5.** Place sealed jars in a rack in a large preserving kettle. The jars should be one inch apart. **6.** Fill kettle with boiling water, pouring it down the kettle's side, until it covers jars by at least two inches. **7.** Cover kettle, and bring water back to boiling point. Each individual recipe gives the processing time in the boiling-water bath; begin counting the time from when the water returns to a full, rolling boil. **8.** When time in boiling water is up, remove jars from water and set on racks, two to three inches apart away from drafts, and allow to cool completely. **9.** When cool, give one final tightening turn, and invert to ensure that there is no leakage. **10.** Store in a cool, dry, well-aired place.

## CRANBERRIES AND WALNUTS IN SHERRY

MAKES 2 ONE-PINT OR 4 EIGHT-OUNCE JARS

*1 cup water*
*1 pound (approx. 4 cups) fresh cranberries, washed and picked over for stems*
*2½ cups sugar*
*Grated rind of one orange and one lemon*
*Juice of one orange and one lemon*
*1 cup chopped walnuts*
*½ cup sherry*

**1.** Bring water to a boil, add cranberries, and simmer until the skins pop open.
**2.** Add the sugar, grated orange and lemon rinds and their juices, and simmer together 15 minutes.
**3.** Remove from heat, add walnuts and sherry, stirring well to combine.
**4.** Pack immediately in sterilized, self-sealing jars.

## DUCK SAUCE

*1 jar red currant jelly (12 ounces)*
*½ teaspoon yellow mustard*
*3 tablespoons crushed pineapple*
*3 to 4 drops Worcestershire sauce*

**1.** Place contents of jelly jar in saucepan on low heat.
**2.** Sterilize jar if you plan to use it as a gift container.
**3.** When jelly has melted, add mustard, pineapple and Worcestershire sauce.
**4.** Simmer on low heat for one-half hour to 45 minutes. Remove from heat, and return to jar.

## PRUNES IN MULLED WINE

MAKES 2 ONE-PINT OR 4 EIGHT-OUNCE JARS

*1 pound dried prunes*
*2 cups dry red table wine*
*1 cup sugar*
*Peel of an orange, sliced thin and studded with 3 cloves*
*1 teaspoon lemon juice*
*1 stick cinnamon*
*3 oranges, peeled, pitted, pithed and segmented*
*½ cup orange juice*

**1.** Soak prunes overnight in wine.

*Continued on page 127*

Country Cooking

# HAM

**Nothing beats the old-fashioned goodness and versatility of a genuine country-cured ham**

## DOWN-HOME BREAKFAST

Sliced thick and served with redeye gravy, apple rings, grits and hot biscuits, country ham has long been a favorite way to start the day in the Deep South. (Redeye gravy gets its name from the little pool of fat that forms over the marrow of the cooked ham-steak bone.) An American dietary staple for 350 years, country hams are lean, firm and have a strong, salty taste. Favorite varieties include Smithfield, Virginia and Kentucky hams.

PHOTOGRAPHY BY ANDRE GILLARDIN. NAPKIN, RANK & CO.; BASKET, THOS. K. WOODARD; PLATE AND CUP, CGS INTERNATIONAL.

SILVER FROM ONEIDA; CRYSTAL FROM WATERFORD; CHINA FROM LENOX AND ROYAL DOULTON; ROSES COURTESY OF ROSES INC.; ANTIQUE ACCESSORIES FROM VITO GIALLO AND JAMES ROBINSON.

# ELEGANT HUNT BRUNCH

To Queen Victoria and Sarah Bernhardt, who ordered them by the dozen, there was nothing humble about America's country hams. Here, a feast for a crisp fall day features country ham baked with an orange glaze. Traditional accompaniments include smoked turkey (an ideal secondary meat since a little of the very salty ham goes a long way), Beaten Biscuits, Hominy Au Gratin (far right), tomatoes stuffed with scrambled eggs and, to top it off, rich Buttercrunch Bars (far left). The process for curing ham was perfected in ancient France by the Gauls more than 2,000 years ago and has changed little. First, the back leg of a pig is soaked in brine for several days and then smoked. Afterwards, it is aged for six months to two years. Variations in climate and the ingredients added give each ham its own distinct taste.

# FAMILY SUPPER

There is little similarity between today's mass-produced hams, usually injected with a salt solution, and genuine country ham, which takes about 61 days to soak and smoke before proper aging can begin. From southern Maryland comes the tradition of stuffing country ham with a mixture of seasoned greens. The noble joint is customarily served with (counterclockwise, from the top) candied tomato sauce, candied yams, black-eyed peas, pickled peaches, coleslaw with horseradish dressing, watermelon pickles and corn relish.

TABLES THROUGHOUT, ANTIQUES INTERNATIONAL; SERVING PIECES FROM KUTTNER ANTIQUES; POTTERY BY TOGNANA.

# HAM

**Sliced thin and served with a variety of traditional accompaniments, this native American classic is older than the nation itself. Here's how it's served and where you can buy it.**

**By Amy Chatham Scotton**

## BASIC COOKING INSTRUCTIONS FOR COUNTRY HAMS*

**PREPARATION:** Longer-cured hams frequently need scrubbing with a brush and warm water to remove mold, ashes and salt. All country hams should have at least a good rinse. Some cooks (with good meat saws) like to remove about 6 inches of the hock (thin) end of the ham before cooking. The hock is reserved for later seasoning of beans or greens.

**SOAKING:** Most country hams will need soaking to reduce the salt content and to ensure a good texture in the cooked product. The length of the soak will be determined by individual taste. Place ham in a large container and cover with water. Soak short-cure ham 4 to 8 hours, or do not soak at all if full flavor is desired. Soak longer-cured hams 10 or up to 36 hours, changing water 2 or 3 times during the maximum soak. Discard soaking water before cooking.

**SIMMERING:** This is the method favored by most people for cooking country hams and is a must for long-cured hams (unless you are a very tough person indeed).

1. Place soaked ham in a large roaster on a rack, or improvise a rack, using several table knives crisscrossed.
2. Cover ham with water. If desired, add 1 cup vinegar and 1 or 2 cups brown sugar to the water. Cover, bring to a simmer and cook over low heat 15 to 20 minutes per pound, or until a meat thermometer inserted in the thickest part of the meat, but not touching the bone, registers 160° to 170°F. (Since trichinae must be killed in the curing process, ham need only be cooked to between 150° and 169°F. The 190°F. reading called for in some recipes is a holdover from the previous era and may, in fact, cause salt to go back into the meat.) When the ham is done, the pelvic bone will move easily and the small shank bone will be loose. Remove ham from the water and cut off skin. Reserve skin for seasoning or render for crackling snacks. Cut off fat leaving ¼- to ½-inch. Score fat in a diamond pattern and return to oven to "glaze" or leave as is (see suggestions that follow). Cool ham before slicing very thin. Ham is usually served cold or at room temperature.

**BAKING:** This method is most effective with hams aged less than nine months, though many people do it with older hams, too. There are an incredible number of baking methods. In its simplest form, the ham is parboiled about 30 minutes, the skin is removed and fat trimmed. The fat is scored and rubbed heavily with brown sugar and perhaps a little pepper. It is placed on a rack in a large roaster and about 1 inch of liquid is poured into the bottom. Elaine Harvell, the director of consumer affairs for the North Carolina Pork Producers, likes to use scuppernong wine (another all-American product) for this liquid. Other people prefer sherry or even champagne! Cover and bake the ham at 300°F., 18 minutes per pound, basting frequently, maintaining liquid level.

**FOIL BAKING METHOD:** This one is useful to know, especially if you don't have a roaster big enough for the ham.

1. Parboil ham and trim as above. Heat oven to 300°F.
2. Prepare 2 strips of wide, heavy-duty aluminum foil big enough to encompass the ham. Fold them into a firm seal along one edge. Lay the resulting large sheet on the work surface and place the ham on it.
3. Rub the scored fat with pepper and a light sprinkling of ground cloves. Pack top of ham solidly with ½ to 1 pound

HAMS COURTESY OF THE SMITHFIELD HAM AND PRODUCTS CO., SMITHFIELD, VA.

*Country ham sources follow recipes.

## MENUS FOR COUNTRY HAM

### DOWN-HOME BREAKFAST

Country Ham with Redeye Gravy*
Basic Breakfast Grits*
"Fried" Apple Rings*
Good Plain Biscuits*
(1 egg sunny-side up can be added if desired)

### ELEGANT HUNT BRUNCH

Orange-Glazed Ham*
Sliced smoked turkey
Beaten Biscuits*
Tomatoes Stuffed with Scrambled Eggs*
Hominy Au Gratin* or grits casserole
Large bowl of mixed fresh and frozen fruits
Rich-and-Easy Buttercrunch Bars*

### FAMILY SUPPER

Ham Stuffed with Greens, Maryland-Style*
Southern fried chicken with cream gravy
Sadie's Candied Yams*
Black-Eyed Peas*
Creamy Coleslaw with Horseradish Dressing*
Corn muffins, biscuits
Peach Cobbler,* pecan pie, lemon icebox pie
Condiments: pickled peaches, corn relish, watermelon pickle
Candied Tomato Sauce*

*recipe included

brown sugar.

**4.** Sprinkle sugar with a small amount of orange juice and a little rum or sherry. Lift ham into a large shallow baking pan and raise sides of the foil. Be careful not to puncture the foil. Pour into the foil ½ cup water, ¼ cup sherry or rum and ¼ cup orange juice.

**5.** Fold foil over and seal tightly around ham. Bake 18 minutes per pound or until meat thermometer registers 160° to 170°F. Unwrap and glaze as desired.

**Note:** You will see recipes that advise cooking the ham upside down. This is absolutely unnecessary and is sometimes quite inconvenient. Cook hams with the meatiest (skin and fat) side up.

**SERVINGS:** Allow about 2 to 3 servings per pound for a dinner in which the ham is the only meat. Traditionally, there is usually at least one other. You will get 20 or more ham biscuits per pound of meat.

## GLAZES AND COATINGS

**Traditional Crumb Crust:** Mix *1 cup brown sugar* and *½ cup homemade dry bread crumbs or cornmeal* (preferably coarse). Pat on moist, trimmed, cooked ham and bake at 350°F. for 20 minutes, or until crumbs are brown. Some people prefer equal quantities of sugar and crumbs. You may add 1 tablespoon dry mustard, if desired.

**Honey-Mustard Glaze:** While this type of glaze is not traditional for country hams, it is attractive. Mix *1 tablespoon prepared mustard* (or more) with *1 cup brown sugar* and *½ cup honey.* Spread over ham, bake at 350°F., 30 minutes.

## WHAT TO DO WITH THE BITS AND PIECES

Though I like to use small bits of country ham for seasoning green beans or greens and certainly use the bone with its bits of meat for seasoning (sometimes more than once), you may want to do something a bit more elaborate. Since the cooked meat freezes well, keep a small cache to try one of the following:

- Add tiny pieces, along with 2 teaspoons of coarsely ground black pepper, to a plain white or French bread dough.
- Stir pieces into cornbread batter or spoonbread or corn pudding from which you have omitted the salt.
- Fill crepes with a mixture of ham and green peas (or perhaps chicken) in an unsalted egg-enriched cream sauce, flavored with a little sherry. Or mix with fettuccine, vegetables and cream.
- For a buffet or cocktail party, try biscuits filled with Very Devilish Ham or make a Rich Ham Mousse (see recipes).

In general, country ham works well alone or in light creamy sauces, but not as well in baked dishes, such as quiche, as baking intensifies the salty taste.

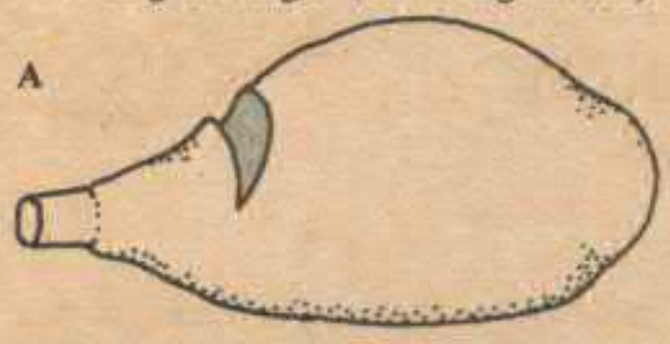
ILLUSTRATIONS BY MARY ROBY

## HOW TO CARVE A HAM

For the most delightful flavor and because it is quite salty, ham should be cut into very thin slices. Use a sharp knife, preferably long and narrow.

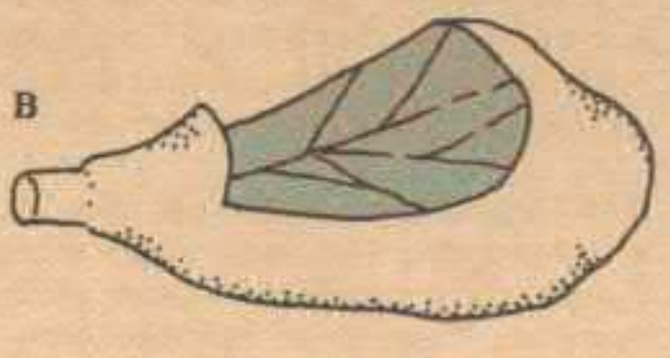
With the ham on a platter, dressed side up, make a cut perpendicular to the bone about six inches from the end of the hock. Cut a wedge-shaped piece from the ham, leaving the cut surface at a 45-degree angle (see Diagram A).

A



Then make thin slices at an angle of 45 degrees, bringing the knife to the bone. As the slices become larger, you should decrease the angle of the knife to obtain approximately equal servings. Eventually, the bone will make it necessary for you to cut smaller slices at different angles to the bone (see Diagram B).

B



# Country Ham with Redeye Gravy

Shown on page 85

MAKES 2 OR 3 SERVINGS PER SLICE OF HAM

- *1 large ½-inch-thick slice country ham (see note)*
- *Oil*
- *⅔ cup hot water*
- *2 tablespoons strong black coffee (optional)*

**1.** Trim off some of the ham fat, if desired. Slash remaining fat in several places around edge to prevent curling.

**2.** Very lightly oil a large heavy skillet, or cook some of trimmed fat for a few minutes over low heat. Add ham and cook over moderately low heat for 10 to 15 minutes, turning 3 or 4 times until heated through and lightly browned around the edges.

**3.** Remove ham to a heated platter and pour water and coffee into the pan. (In some old-fashioned recipes, coffee is used exclusively. It intensifies the flavor and darkens the gravy.) Increase the heat to moderate and simmer 3 to 5 minutes, stirring to incorporate all pan drippings, until gravy is reddish and slightly reduced. Repeat process to accommodate number to be served.

**Note:** After you have boiled or baked the ham, have your butcher cut a slice between ⅓ and ½ way back from the butt end of the ham to obtain a large slice with a small round bone in the center, or do it yourself with a meat saw. Or slice smaller, thick slices instead of using one large slice.

# Basic Breakfast Grits

Shown on page 85

**A properly prepared creamy mound of grits can be the perfect foil for country ham with redeye gravy, but many people—including some well-known American food writers—are less than fond of grits. Such abhorrence is understandable, if their main experience of this corn product has been the bland, frequently gelatinous versions all too often found in restaurants. Some package directions for grits ask you to cook them too long and season them too little. Here's the correct way to prepare them.**

MAKES 6 ½-CUP SERVINGS

- *5 cups water*
- *2 teaspoons salt*
- *1 cup grits (not quick grits)*
- *Few grains of pepper*
- *¼ cup warm light cream or milk*
- *Butter (optional)*

**1.** Bring water to a boil in a large heavy pot over high heat. Reduce heat to moderate, add salt and sprinkle in grits in a fine steady stream, stirring constantly.

**2.** Reduce heat to low, cover and cook about 15 minutes until water is absorbed and grits are thick but still creamy. Stir in cream and pepper. (If grits are lumpy, beat with whisk.)

**3.** Cover and let stand 2 minutes. Grits may be kept warm in a double boiler over simmering water but are best served immediately. If they thicken, stir in a little warm milk. Top each serving with a small sliver of butter, if desired.

# "Fried" Apple Rings

Shown on page 85

**Though called "fried," these apples are actually sautéed (carefully cooked over moderate rather than extremely high heat). They are a typical sweet accompaniment to a country ham breakfast.**

MAKES 4 TO 6 SERVINGS

- *4 large, tart, firm cooking apples, cored*
- *3 tablespoons butter*
- *⅓ cup brown sugar*
- *½ teaspoon ground cinnamon or nutmeg*
- *2 tablespoons water*

**1.** Cut apples into ¼-inch-thick rounds. Heat butter in a large heavy skillet over

moderate heat.
**2.** Add apple rings and cook 3 to 5 minutes until they begin to soften. Sprinkle with remaining ingredients in order given and continue to cook 5 to 7 minutes, spooning syrup over apples until apples are tender and coated with syrup.

## Good Plain Biscuits

Shown on page 85

MAKES 12 TO 14 BISCUITS.

*2 cups all-purpose flour*
*1 tablespoon baking powder*
*1 teaspoon salt*
*6 tablespoons butter or solid vegetable shortening*
*⅔ cup milk*

**1.** Heat oven to 450°F. Sift flour, baking powder and salt into a large bowl and stir to blend.
**2.** Add butter and cut in with a pastry blender or two knives until mixture resembles coarse meal.
**3.** Add milk all at once and mix lightly with a fork until mixture clings together. Form dough gently into a soft ball.
**4.** Turn dough out onto a lightly floured surface. Roll out dough ½-inch thick. Cut out with a 2-inch biscuit cutter. Pat dough scraps together; cut out.
**5.** Place biscuits close together in an ungreased cake pan. Bake 10 minutes until medium brown.

## Orange-Glazed Ham

Shown on pages 86–87

**As a rule, I prefer country ham plain or with a crumb topping. However, when a showpiece is in order, this orange glaze is superior to those made with other fruits.**

MAKES ENOUGH GLAZE FOR A 14- TO 16-POUND HAM.

*1 cup orange marmalade, preferably bitter*
*2 or 3 tablespoons orange liqueur*
*2 tablespoons orange juice concentrate*
*Water*
*3 medium-sized oranges, preferably thin-skinned*
*1 14- to 16-pound scored, baked or "boiled" (simmered) country ham*

**1.** Heat oven to 475°F. Mix marmalade, 2 tablespoons liqueur and the concentrate in a small bowl. Taste and add more liqueur as desired. If glaze is very thick, you may add a few drops of water for good spreading consistency.
**2.** Slice and halve oranges ⅛-inch thick.
**3.** Brush a thin layer of glaze over top and sides of ham. Bake 5 minutes. Brush with another thin layer and bake 5 minutes. Arrange orange slices on ham and brush with most of remaining glaze. Bake 10 minutes. Remove from oven and brush lightly with glaze.
**Note:** A good effect may be achieved by broiling for last 5 minutes of glazing time. The sugar in the glaze will brown or caramelize slightly.

## Beaten Biscuits

Shown on page 86

**Described as being somewhere between a biscuit and a hockey puck in texture, these biscuits defy anything you were ever told about the gentle treatment of pastry. Old recipes call for beating with a mallet or the back of an ax for 20 to 30 minutes. I opt for running the dough through a meat grinder or using a food processor.**

*3 cups flour*
*½ teaspoon salt*
*1 teaspoon sugar*
*½ teaspoon baking powder*
*⅓ cup vegetable shortening or lard*
*¾ cup ice water*
*¼ cup milk*

**1.** Heat oven to 350°F. Sift a little flour over a baking sheet.
**2.** Sift flour, salt, sugar and baking powder into a mixing bowl. Cut in shortening with a pastry blender or rub in with hands until mixture resembles coarse meal.
**3.** Add liquid a little at a time, working it in with hands or fork. When liquid is added, knead dough until smooth.
**4.** Put through coarsest blade of a food grinder 4 or 5 times until pliable and blistered. (Dough will crackle slightly, exhale air when compressed.)
**5.** Roll out dough ½-inch thick and cut in 1½-inch rounds. Place 1-inch apart on baking sheet and pierce with fork in 3 parallel rows. Pat scraps together and repeat.
**6.** Bake 30 to 35 minutes until biscuits just start to brown on top and are lightly browned on bottom. Biscuits should be quite firm and give slightly when pressed on top.

## Tomatoes Stuffed with Scrambled Eggs

Shown on page 86

MAKES 12 SERVINGS.

*6 medium-sized tomatoes*
*Water*
*12 (or about 3 cups) extra-large eggs*
*4 tablespoons butter*
*Thin Bechamel Sauce for Eggs (recipe follows)*
*Blender Hollandaise (recipe follows)*
*Chopped fresh parsley*

**1.** Halve tomatoes lengthwise and scoop out most of pulp and seeds to leave a shell. Plunge shells into boiling water for about 1 minute until slightly softened. Set aside in a baking dish.
**2.** Break eggs into a bowl. Heat butter in a large (12- or 14-inch) skillet over moderate heat. Beat eggs just until mixed; beat in 1 cup of the bechamel (it will help keep eggs moist longer after cooking). Add a drop of egg mixture to the skillet to test heat.
**3.** Pour egg mixture into skillet. When eggs start to cook around the edges, lift and pull gently toward the center of the pan in long shreds to allow the uncooked portion to flow to the bottom. Repeat process as eggs cook, but avoid constant stirring. Remove from pan when thickened through but still very moist. Scoop into prepared tomatoes with an ice-cream scoop or large spoon. Set aside. (This much of recipe may be done two hours before guests arrive.)
**4.** When guests arrive, mix remaining 2 cups bechamel with the Blender Hollandaise. Top each serving with about 3 tablespoons of the mixture and broil until hot and bubbly. Serve immediately or hold in oven at 175°F. for 30 minutes. Sprinkle with parsley before serving.
**Note:** To increase or decrease the recipe, use the formula of ¼ cup (about 3 average extra-large) eggs to ¼ cup bechamel. Eggs are also good on English or slightly hollowed corn muffins.

## Blender Hollandaise

MAKES ½ CUP.

*3 egg yolks*
*2 tablespoons lemon juice*
*¼ teaspoon salt*
*½ pound butter, melted*

**1.** Put egg yolks, lemon juice and salt in an electric blender. Blend at high speed for 2 seconds.
**2.** Reduce speed to medium high and, with blender still going, pour butter in a very thin stream into egg mixture until thick and fluffy. May be held for 1 to 2 hours by placing over warm water.

## Thin Bechamel Sauce for Eggs

MAKES ABOUT 4 CUPS.

*3 tablespoons butter*
*3 tablespoons flour*
*3 cups hot milk*
*Worcestershire sauce*
*Tabasco sauce*
*¼ teaspoon salt*

**1.** Melt butter in a heavy saucepan over moderate heat. Remove from heat and stir in flour, blending well. Reduce heat to low; return pan to heat and cook 3 minutes, stirring constantly.
**2.** Gradually add hot milk, stirring con-

stantly with a fork or wire whisk. Cook 5 to 7 minutes until thickened and smooth. Season with a few dashes of Worcestershire and Tabasco. Add salt. Taste and add more seasonings if desired, but add minimal amounts of salt.

## Hominy Au Gratin

Shown on page 87

**To make hominy, corn is treated with lye and steamed until the kernels are puffed. Dried and ground hominy becomes grits. Though hominy is now considered a Southern dish, the Pilgrims probably acquired some knowledge of its preparation from the Indians. Whole hominy is good simply sautéed in butter or added to meat juices.**

MAKES 18 TO 20 SERVINGS

*¼ pound butter or margarine*
*½ cup chopped onion*
*4 28-ounce cans whole hominy, drained and rinsed*
*1 cup sour cream*
*1 4-ounce can green chilies, chopped and drained*
*½ to ¾ teaspoon freshly ground black pepper*
*¼ teaspoon salt (optional)*
*1 cup grated Cheddar cheese*
*Chopped fresh parsley*

**1.** Melt butter in a very large (or 2 smaller) gratin dish over moderate heat. Add onion; cook 3 minutes until soft.
**2.** Add hominy; stir and shake gently until warmed. Stir in sour cream, chilies and pepper and heat briefly until bubbling. Taste and add salt if desired.
**3.** Stir in parsley, top with cheese and broil 5 minutes until cheese is melted and bubbly.

## Rich-and-Easy Buttercrunch Bars

Shown on page 86

**These rich morsels are a perfect sweet ending to a savory meal and a nice accompaniment to fruit. If you prefer something more elegant-looking in the same flavor family, substitute oatmeal lace cookies or pecan tarts.**

MAKES ABOUT 35 BARS

*½ cup butter*
*1¼ cups graham cracker crumbs*
*1 cup shredded coconut, lightly packed to measure*
*1 cup semisweet chocolate morsels (6 ounces)*
*1 cup butterscotch morsels (6 ounces)*
*1 15-ounce can sweetened condensed milk*
*2 cups (about 6½ ounces) pecan halves*

**1.** Heat oven to 350°F. Line bottom and sides of a 13-by-9-by-2-inch pan with one large piece of aluminum foil, smoothing carefully into corners without tearing.
**2.** Place butter in prepared pan and put in oven to melt. Tilt pan to spread butter over bottom and halfway up sides.
**3.** Sprinkle crumbs evenly over bottom of pan. Then sprinkle, in the order given, coconut, chocolate and butterscotch morsels.
**4.** Pour condensed milk evenly over the top. Arrange pecan halves, rounded-side up, over the top. Bake in center of oven about 7 minutes. Press nuts into mixture gently but firmly. Continue to bake for 25 to 30 minutes until condensed milk is a light golden color.
**5.** Cool on a rack. Place a cookie sheet over the pan and invert. Remove baking pan and peel foil from cookies. Place rack on top and invert again so that pecans are on top. Let stand overnight (in cool weather, or refrigerate in warmer climes), then cut into small (about 1½-by-2-inch) rectangles with a sharp thin-bladed knife.

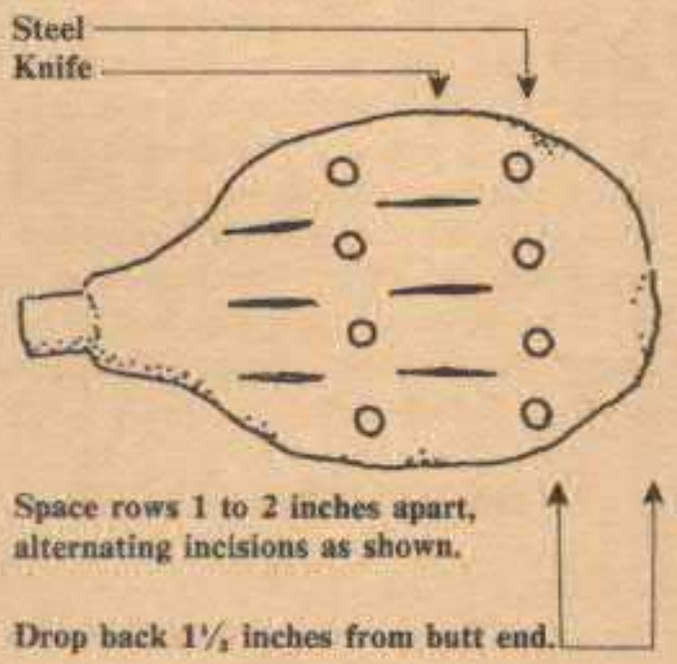
## Ham Stuffed with Greens, Maryland-Style

Shown on page 88

**The tradition of stuffing ham with greens apparently originated in Maryland in the 17th century, although different types of stuffed hams appear in the culinary histories of other Southern states. Fresh greens work best for this recipe. If you must use frozen greens, try to get whole greens and chop them yourself after cooking for half the recommended time. One 10-ounce package of frozen greens will yield about ½ cup cooked, well-drained greens.**

*1 12- to 14-pound country ham*
*3 pounds small, tender mustard greens (see note)*
*3 pounds spinach (see note)*
*3 tablespoons vegetable oil or bacon drippings*
*1½ cups finely sliced green onions*
*1 cup finely chopped celery*
*2 teaspoons crushed red pepper flakes*
*¼ teaspoon pepper*
*1 teaspoon salt*

**1.** Place soaked ham in a large roaster and cover with water. Cover, bring to a simmer and cook 1 hour. Remove from liquid, cool slightly and cut off skin. Remove excess fat, leaving no more than ¼ inch.
**2.** Remove and discard any tough stems from greens. Wash greens thoroughly, but do not dry them. Chop fine.
**3.** Heat oil in a large heavy pot over moderate heat. Add onions and celery and cook, stirring frequently, for about 5 minutes until they soften. Remove pot from heat; stir in wet mustard greens, cover tightly and cook for 5 minutes. Stir to get unwilted greens to bottom of pot. Add spinach and seasonings. Cover and cook about 10 minutes, stirring 2 or 3 times to get unwilted greens to bottom of pot. When all greens are wilted, remove from heat and set aside.
**4.** With a 1-inch-wide, long-bladed slicing knife or a pointed sharpening steel, make about 10 incisions in the top of the ham, as shown in the illustration. If using a knife, plunge the blade straight into the ham until you hit bone or come close to the opposite side of the ham. Then move the blade over about 1/16 inch and plunge in again to widen the opening. To use the steel, plunge in as deeply as you can. The round holes made by the steel are slightly more difficult to stuff but make a more attractive pattern in the meat. We prefer alternate rows made with the steel and the knife, as shown in the illustration.




**5.** Stuff the incisions with the greens mixture, inserting a small amount and tamping with a finger, a large chopstick or the steel. You will use about ⅓ to ½ cup stuffing per incision.
**6.** Place additional stuffing on top of ham and wrap ham tightly in doubled cheesecloth, unbleached muslin or an old pillowcase. Place ham in the roaster and make sure liquid still covers it.
**7.** Cover, bring to a simmer and cook for an additional 2 to 2½ hours, or 15 to 18 minutes per pound, until done (see instructions for boiling). Remove from heat and cool in liquid about 2 hours. Remove from pot and allow to drain. Refrigerate for 12 hours, unwrap, remove greens from top and slice (see instructions). Serve extra greens cold as an accompaniment with lemon slices or vinegar.
**Note:** Options for tangy greens instead of mustard include watercress, escarole, chicory, turnip greens, dandelion greens. Options for mild greens instead of spinach include poke, cabbage and Swiss chard (leaves only).

# Beauty and the Feast.

## The beautiful ham from Hormel features apricots, the beauty fruit from California.

Take a beautifully lean ham. Already trimmed, boned, and cooked to a pink perfection in its own natural juices. That's Hormel, America's first and favorite canned ham. Now it gets a glow on. A golden glaze of tart and tangy California apricots—called the beauty fruit because they're a rich source of Vitamin A, the beauty vitamin. Result? A feast for the eyes and the palate.

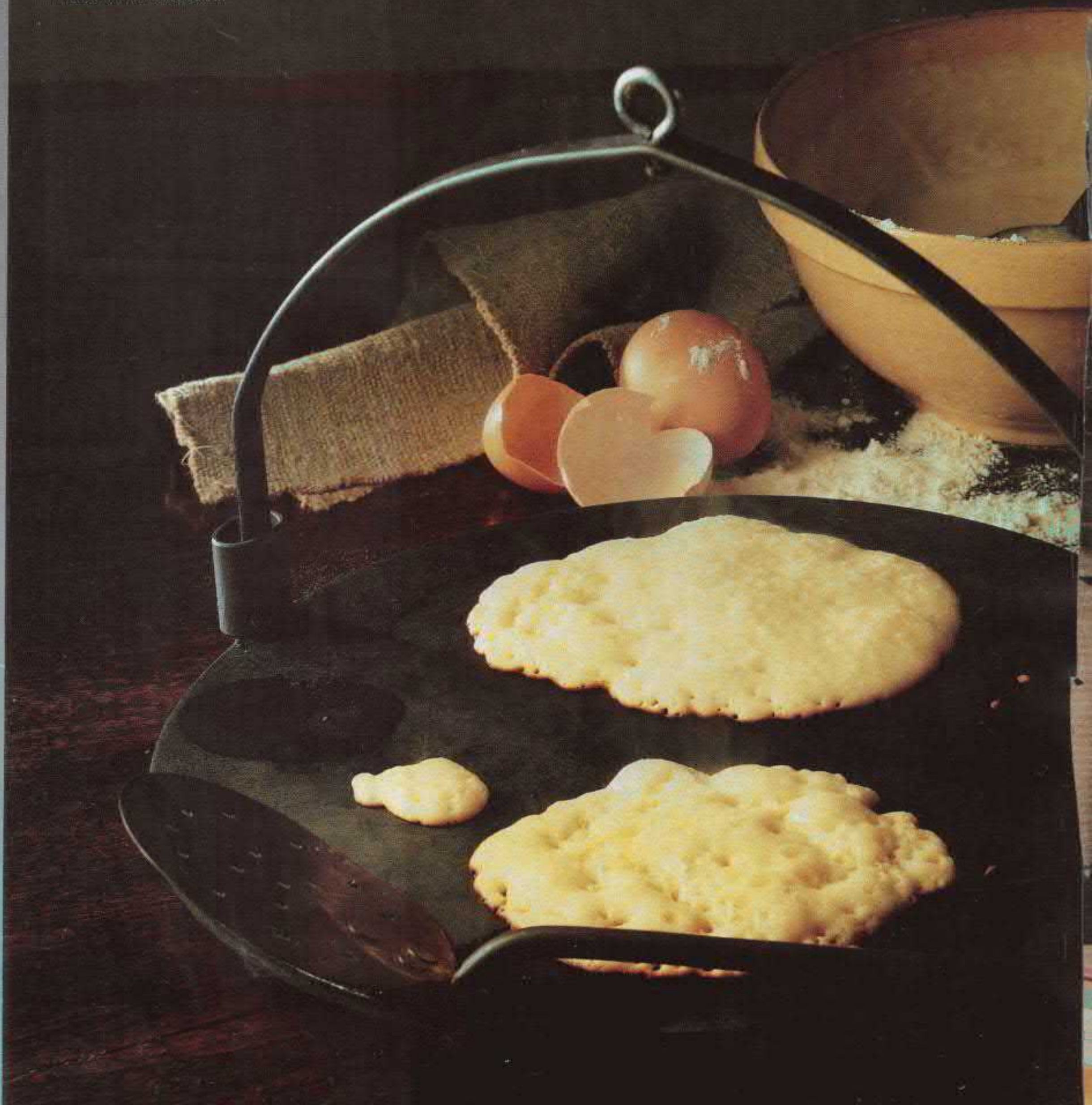
**California Apricot Glaze** Drain syrup from 1 can (30 oz.) apricot halves into saucepan. Reserve apricots. Bring syrup to boil, stirring frequently, until reduced to half original amount, approx. 10 min. Remove from heat. Add ¾c. apricot jam or preserves and 1 tblsp. lemon juice. Pour one-half of mixture

Country Cooking

# TIME FOR BREAKFAST!

Nothing is as likely to entice the family out of bed on a frosty February morning as the welcoming aroma of golden griddle cakes, fresh-baked muffins and popovers, and homemade hash.

PHOTOGRAPHY BY JAMES MURPHY



Griddle Cakes

*Raspberry Streusel*

Although breakfast is often called the most important meal of the day, too many people either ignore it completely or pick up something quick and sweet and eat it on the run. After a night's fast, the first meal of the day must serve as a source of energy for the morning's work. It is also an ideal time to enjoy some of the calcium- and vitamin C-rich foods we all need in our diets. Heart-shaped muffins and crispy popovers accompany a hearty hash to make this seasonal country breakfast a delicious way to start the day.

TABLE, COFFEE GRINDER: PINE COUNTRY ANTIQUES. CHAIR: MATTAWAN. APRON: SUSAN PARRISH ANTIQUES. SPOONS: PANTRY & HEARTH ANTIQUES. FOR RESOURCES, SEE ADDRESS INDEX.

*Orange-Pecan Popovers*

*Chicken Hash*

Pg 114



FEB. 1992

# TIME FOR BREAKFAST!

## Get your morning off to a good start with old-fashioned country fare.

By Joanne L. Hayes

On my grandfather's farm, breakfast was a hearty spread served after the milking was done. Since most of the family had already been working for several hours, breakfast time provided an opportunity to sit down together for a real meat-and-potatoes meal. There was even a dessert of homemade doughnuts, soft sugar or molasses cookies, and canned fruit. When Americans lived on farms, this was a typical pattern, and no one would have thought of skipping this vital meal. However, as more and more people left the country and started working in city factories and offices, a large family-style breakfast was no longer practical. The trend toward having a quick, cold breakfast alone or no breakfast at all became the norm. As mothers reminded their families to "eat your breakfast," their husbands and children disappeared off to work or school with very little fuel for the morning's activities. Today, we are seeing a change in that attitude as people start to realize the beginning of the day is the best time to have the foods high in the fiber, vitamins, and minerals that are so important to good nutrition. Breakfast is also a great time to enjoy some of the old-fashioned favorites our grandmothers used to make. So pull out your cast-iron cookware and try our hearty country breakfasts on your early-morning crew.

### RASPBERRY STREUSEL MUFFINS

Shown on page 112

**Bedecked with a crunchy oat-nut topping, these buttery berry-flavored muffins are meant for special mornings, when breakfast is truly an event.**

MAKES 12 MUFFINS

**Streusel Topping (recipe follows)**
**½ cup (1 stick) butter, softened**
**½ cup granulated sugar**
**1 large egg**
**2 cups unsifted all-purpose flour**
**½ teaspoon baking powder**
**½ teaspoon baking soda**
**½ teaspoon ground cinnamon**
**¼ teaspoon salt**
**½ cup milk**
**½ cup sour cream**
**1 teaspoon vanilla extract**
**1 cup fresh raspberries or drained, thawed frozen raspberries**
**Confectioners' sugar**

**1.** Prepare Streusel Topping; set aside. Grease twelve 3-inch heart-shaped muffin-pan cups (heart-shaped muffins can be done in 2 batches, 6 at a time, if only one pan is available) or twelve 3-inch muffin-pan cups. Heat oven to 400°F.

**2.** In large bowl, with electric mixer, beat together butter and granulated sugar until light and fluffy. Add egg; beat until well blended.

**3.** In medium-size bowl, combine flour, baking powder, baking soda, cinnamon, and salt. In small bowl, combine milk, sour cream, and vanilla. Add flour mixture to butter mixture alternately with milk mixture, beating just until batter is combined. Gently fold in raspberries.

**4.** Spoon batter into greased muffin cups, filling each about two-thirds full. Sprinkle tops of muffins generously with Streusel Topping.

**5.** Bake muffins 20 to 25 minutes or until cake tester inserted in centers comes out clean. Cool muffins in pans on wire rack 5 minutes; remove from cups. Sprinkle with confectioners' sugar and serve.

**Streusel Topping:** In medium-size bowl, combine **½ cup unsifted all-purpose flour, ½ cup quick-cooking rolled oats, ⅓ cup sugar, ½ teaspoon ground cinnamon,** and **⅛ teaspoon salt**. With pastry blender or 2 knives, cut in **6 tablespoons butter** until mixture resembles coarse crumbs. Briefly rub mixture between fin-

*Continued on page 120*

*The Recipe Index is located on page 120*

FROM LUCY'S COUNTRY KITCHEN

# A Valentine Lunch

*This February 14th, express your love with a dazzling meal, from heart-shaped cheese on crackers to vegetables in pastry. The luscious finale: a sinful cake. (See Recipe Index.)*

PHOTOGRAPHY BY DALE WING

*Sweetheart Crackers*

Pg 118



# A Valentine Lunch

*Celebrate this romantic holiday with a feast of hearts, flowers, and chocolates, all symbols associated with Saint Valentine's Day, a ritual dating from the 14th century.*

*By Lucy Wing*

When frost coats the windowpanes and ice paves the roads, set a romantic table indoors to warm the heart and lift the spirit. A wonderful, indulgent meal complete with roses, fine china, silver flatware, pastel linens, and sparkling wine will chase the chill away and delight the object of your affection.

### Valentine Lore

Although Saint Valentine's Day reached peak popularity in the Victorian age, the holiday remains a day when both young and old pay tribute to the ones they love. Since the turn of the century, flowers, cards, and candy have expressed our hearts' desires.

Saint Valentine, a third-century Roman martyr, was killed on the eve of February 14th, the day of a Roman feast. One ritual of the feast involved placing young women's names in an urn. Young men would pick a name from the urn and court the chosen lady for the next year, or at least for the duration of the festival.

As the festival evolved, the randomly paired couple would exchange gifts. The custom of exchanging paper valentines dates from the 16th century, while the tradition of wooing with candy or sweet treats began in the late 1700s.

Following our recipes, you can prepare a special Valentine's Day meal for two, or bake a memorable cake for all your loved ones to share.

## VEGETABLE NAPOLEON

Shown on page 116

**Resembling the classic dessert napoleon, this savory stack of puff pastry filled with sauce and vegetables should be tackled with a knife and fork. The pastry squares may be baked ahead, wrapped, and refrigerated. Reheat the squares in the oven until crisp, then layer with filling just before serving.**

MAKES 2 SERVINGS

- **½ 17¼-ounce package frozen puff pastry (1 sheet)**
- **1 large egg**
- **1 teaspoon water**
- **2 medium-size carrots, peeled and thinly sliced diagonally**
- **2 cups water**
- **¾ pound large asparagus**
- **2 tablespoons butter or margarine**
- **¼ cup finely chopped red onion**
- **2 tablespoons all-purpose flour**
- **⅓ cup milk**
- **1 teaspoon fresh thyme leaves or ¼ teaspoon dried thyme leaves**
- **¼ teaspoon salt**
- **⅛ teaspoon hot red-pepper sauce**
- **Fresh thyme sprigs (optional)**

**1.** Thaw pastry following label directions. Heat oven to 375°F. In small bowl, combine egg and 1 teaspoon water; set aside. Carefully unfold pastry sheet. On floured surface, with floured rolling pin, roll sheet into 10¼-inch square. (Try to roll out the fold lines for a smooth surface.)

**2.** With sharp knife, trim a ⅛-inch-wide strip of pastry from edges of pastry square. Discard strips. Cut pastry square into quarters to form four 5-inch squares. Place 3 squares on large ungreased baking sheet. Brush just the tops of pastry squares with egg mixture. (For maximum puffing of pastry, do not brush cut edges of pastry with egg.) Bake pastry squares 12 to 14 minutes or until puffy and golden brown.

**3.** Meanwhile, from remaining pastry square, cut two 5- by ¾-inch strips and four to six 1½-inch-long leaves. (Cut and bake any leftover pastry for soups, salads, or snacks, if desired.) To make a pastry rose, with fingers, press one long edge of a pastry strip to flatten as thin as possible. Gather or pleat the opposite thicker edge. The pastry strip will curve; the thicker edge will be the bottom of the rose. Loosely roll up the top and tightly roll up the bottom of curved pastry strip to form a rose. Repeat with other pastry strip. Brush pastry roses and leaves with some egg mixture; bake on small ungreased baking sheet 5 to 10 minutes or until golden brown. Cool pastry squares, roses, and leaves on wire rack.

**4.** In 2-quart saucepan, heat carrots and remaining 2 cups water to boiling; cover and cook carrots until tender—about 5 minutes. Meanwhile, cut asparagus to 5-inch lengths, discarding the bottom ends. Cut each asparagus tip lengthwise in half.

*Continued on page 125*

*The Recipe Index is located on page 120*

Go to Pg 125

CHINA, FLATWARE, GLASSES, CAKE SERVER, WINE COOLER: GORHAM INC. TABLECLOTH: PALAIS

## BREAKFAST

*Continued from page 114*

gers to blend in butter. (Leftover streusel can be stored in freezer and used to top pies, baked fruit, or more muffins.)

Nutritional information per muffin—**protein:** 5 grams; **fat:** 16 grams; **carbohydrate:** 38 grams; **fiber:** 2 grams; **sodium:** 266 milligrams; **cholesterol:** 59 milligrams; **calories:** 318.

## GRIDDLE CAKES

Shown on page 111

**Though the names are different—griddle cakes, pancakes, blini, or crêpes—the resulting griddle-fried batter cakes are similar. While American palates are accustomed to maple syrup and slabs of butter melting on their griddle cakes, we've topped our version with sweetened whipped cream and fruit preserves to create an extra-special breakfast dish.**

MAKES 8 GRIDDLE CAKES

- **2 cups unsifted all-purpose flour**
- **1 tablespoon sugar**
- **½ teaspoon baking soda**
- **¼ teaspoon baking powder**
- **¼ teaspoon salt**
- **1 cup buttermilk**
- **2 large eggs, separated**
- **2 tablespoons butter, melted**
- **Vegetable oil**
- **Sweetened whipped cream (optional)**
- **Berry preserves (optional)**

**1.** In large bowl, combine flour, sugar, baking soda, baking powder, and salt. Stir in buttermilk, egg yolks, and butter just until combined. In small bowl, with electric mixer or wire whisk, beat egg whites until soft peaks form. Fold egg whites into flour mixture to make batter.

**2.** Heat large cast-iron griddle or large skillet over medium-high heat. Brush griddle with oil to coat. Pour ⅓ cupfuls of batter onto griddle and spread with pancake turner to make round cakes. Cook until bottoms are light brown and bubbles burst on the top. Turn griddle cakes over to brown other sides and cook all the way through—about 2 minutes each side.

**3.** Place cooked griddle cakes on serving platter and cover with aluminum foil; place in warm oven. Repeat to use remaining batter. Serve griddle cakes with cream and preserves, if desired.

Nutritional information per Griddle Cake without cream and preserves—**protein:** 6 grams; **fat:** 5 grams; **carbohydrate:** 27 grams; **fiber:** .8 gram; **sodium:** 202 milligrams; **cholesterol:** 61 milligrams; **calories:** 181.

## GOOD MORNING PERK

There's nothing like waking up to the smell of freshly brewed coffee. Unfortunately, a perfect pot doesn't happen by accident. To produce remarkable coffee, morning after morning, take note of some important rules:

**1.** Store coffee in an airtight container at room temperature for up to a week; freeze if storing for longer periods.

**2.** Grind coffee beans just before brewing.

**3.** Use coarse-ground coffee for percolators, medium for automatic drip, and fine for espresso machines.

**4.** Use cold filtered water, since most tap water contains minerals that may cause off flavors in brewed coffee.

**5.** Do not keep brewed coffee warm on the burner; store it in an insulated container made especially for keeping beverages hot.

For more information on coffee, pick up *The Perfect Cup* (Aris Books; $10.95), by Timothy James Castle, a comprehensive volume complete with tips on selecting coffees, brewing methods, and cooking with coffee.

A wide selection of coffee is available by mail. Starbucks of Seattle offers beans from around the globe in several sampler packs; write to Starbucks Coffee Co., 2203 Airport Way South, P.O. Box 34510, Seattle, Wash. 98124-1510, or call (800) 445-3428. J. Martinez & Co. features estate-labeled coffees; to place an order, write to 3230A Peachtree Rd., N.E., Atlanta, Ga. 30305, or call (800) 642-5282. Schapira Coffee Co. has been roasting their arabica beans in the same Greenwich Village location for more than 80 years; for more information, write to 117 W. 10th St., New York, N.Y. 10011, or call (212) 675-3733.

## RECIPE INDEX


Bittersweet Chocolate Cake ..... 126
Chicken Hash ..... 122
Chocolate-Nut Pudding ..... 128
Cod Stew Over Pasta ..... 138
Creamy Orange Tapioca ... 128
Griddle Cakes ..... 120
Oatmeal-Raisin Coffee Cake ..... 128
Orange-Pecan Popovers ..... 122
Pistachio Cheese ..... 125
Raspberry Streusel Muffins ..... 114
Stuffed Flounder ..... 138
Swedish Cardamom Wreath ..... 120
Sweetheart Crackers ..... 125
Vegetable Napoleon ..... 118
Warm Shrimp Salad ..... 138


## SWEDISH CARDAMOM WREATH

**Dorothy Johnson of Sterling, Kan., won the 1991 Kansas Festival of Breads with this perfect-for-breakfast traditional Swedish specialty. Because the raisins have been soaked before being beaten into the dough, they break up and lend their sweetness and color to the delicately flavored cardamom loaf. The contest, which showcases Kansas wheat and the agriculture board's "From the Land of Kansas" trademark program, attracted bakers from throughout the Sunflower State.**

MAKES 1 LOAF (10 SERVINGS)

- **½ cup water**
- **½ cup dark seedless raisins**
- **Milk**
- **½ cup (1 stick) margarine**
- **3½ to 4 cups unsifted all-purpose flour**
- **⅓ cup plus 2 tablespoons sugar**
- **2 packages rapid-rising dry yeast**
- **1 teaspoon salt**
- **1 teaspoon ground cardamom**
- **1 large egg**
- **2 tablespoons sliced blanched almonds**
- **Glaze (optional, recipe follows)**

**1.** Several hours or night before, in a pint jar with lid, combine water and raisins. Set aside to soak raisins.

**2.** Just before preparing bread, drain raisins, reserving water in a 1-cup glass measuring cup. Add enough milk to raisin water to make 1 cup. In 1-quart saucepan, combine margarine, the milk mixture, and soaked raisins; heat until very warm—120° to 130°F.

**3.** Meanwhile, in large bowl of heavy-duty electric mixer, combine 1 cup flour, ⅓ cup sugar, the yeast, salt, and cardamom. Add raisin mixture and beat 2 to 3

*Continued on page 122*

## TRIED AND TRUE

Imagine one piece of cookware that could be used for frying, stewing, browning, and baking; that heats evenly; doesn't warp; is inexpensive; and improves with age. You'd probably picture a shiny new utensil of the latest design, but in fact, this versatile object is a simple, old-fashioned cast-iron skillet. Discover the ease and benefits of using "black magic" with *Cast Iron Cooking* (Lyons & Burford; $12.95), by A. D. Livingston. With complete directions for seasoning and care, plus over 75 recipes, this softcover is a back-to-basics classic that country cooks everywhere will appreciate.

Pg 122

## BREAKFAST

*Continued from page 120*

minutes. Add egg and 1 cup of remaining flour to mixture; beat at high speed 2 minutes. Let dough rest 5 minutes.

**4.** Stir another 1 cup of remaining flour into the dough. Turn dough out onto lightly floured surface. Knead dough, adding enough of remaining flour, if necessary, until dough is smooth and elastic—about 10 minutes. Place dough in oiled bowl, turning to bring oiled side up. Cover with clean cloth and let dough rise in warm place, away from drafts, until double in size—35 to 40 minutes.

**5.** Grease large baking sheet or 12-inch pizza pan and the outside of a 6-ounce custard cup. Divide dough in thirds; cover and let rest 10 minutes. With palm of hand, roll each piece into a 30-inch rope. Braid ropes together; form into circular loaf, pinching ends of ropes together. Place loaf on baking sheet or pizza pan; invert custard cup in center of loaf. Cover loaf with clean cloth and let rise in warm place, away from drafts, until doubled—25 to 30 minutes.

**6.** Heat oven to 350°F. Brush loaf with 1 tablespoon milk; sprinkle with the remaining 2 tablespoons sugar and the almonds. Bake 30 to 35 minutes or until loaf is golden brown and sounds hollow when tapped on top. If necessary, cover loaf with aluminum foil for the last 5 to 10 minutes of baking time to prevent overbrowning. Cool loaf on wire rack. Drizzle with Glaze, if desired.

**Glaze:** In small bowl, combine **½ cup confectioners' sugar, ½ to 1 teaspoon milk, ⅛ teaspoon vanilla extract,** and **a pinch of salt** until smooth.

Nutritional information per serving—**protein:** 9 grams; **fat:** 11 grams; **carbohydrate:** 54 grams; **fiber:** 2 grams; **sodium:** 333 milligrams; **cholesterol:** 21 milligrams; **calories:** 346.

## ORANGE-PECAN POPOVERS

Shown on page 113

**Since popovers can be a little tricky to prepare, make sure the oven temperature has reached 450°F and that eggs are well beaten to ensure proper rising.**

MAKES 12 POPOVERS

- **2 tablespoons butter or margarine, softened**
- **1 teaspoon sugar**
- **4 large eggs**
- **1 cup milk**
- **1 tablespoon ground pecans**
- **1 teaspoon salt**
- **½ teaspoon grated orange rind**
- **1 cup unsifted all-purpose flour**

**1.** Heat oven to 450°F. Place one 12-cup or two 6-cup cast-iron popover pans in oven.

**2.** In large bowl, beat butter and sugar until well combined. Beat in eggs, one at a time, until light and fluffy. Beat in milk, pecans, salt, and rind until foamy. Beat in flour just until combined.

**3.** Carefully remove popover pan from oven. Spray cups with nonstick vegetable cooking spray. Divide batter among the cups and bake 10 minutes. Reduce oven temperature to 350°F and bake 10 minutes longer; then, with thin knife, pierce side of each popover to allow steam to escape. Bake 10 minutes more or until browned. Remove popovers from oven and serve immediately.

Nutritional information per popover—**protein:** 4 grams; **fat:** 5 grams; **carbohydrate:** 10 grams; **fiber:** .4 gram; **sodium:** 226 milligrams; **cholesterol:** 77 milligrams; **calories:** 100.

## CHICKEN HASH

Shown on page 113

**Not quite a traditional hash but delicious all the same, this thyme-seasoned chicken-and-vegetable mixture makes a perfect starter in the morning.**

MAKES 4 SERVINGS

- **2 large (1 pound) red potatoes**
- **3 slices bacon, chopped**
- **1 cup coarsely chopped sweet red pepper**
- **¼ cup chopped green onions**

STEAK & ROLL.

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Pg 123

Cont. fr. Pg 122

- **1 boned and skinned whole chicken breast, cut into ¾-inch chunks**
- **1 teaspoon chopped fresh thyme leaves or ½ teaspoon dried thyme leaves**
- **1 teaspoon salt**
- **½ teaspoon ground black pepper**

**1.** Either microwave potatoes on high (100 percent) 3 minutes or place potatoes in boiling water to cover, 4 minutes; set aside to cool. When potatoes are cool enough, cut into ¾-inch chunks.

**2.** Heat cast-iron skillet or other large skillet over medium-high heat. Add bacon and cook, stirring occasionally, until lightly browned. With slotted spoon, remove bacon pieces to bowl.

**3.** Add potatoes to bacon fat in skillet and cook until tender and lightly browned; with slotted spoon, place in bowl with bacon. Add red pepper and green onions to skillet and cook until pepper pieces soften slightly; transfer red pepper and onions to bowl with bacon and potatoes.

**4.** To same skillet, add chicken; cook, stirring occasionally, until chicken is cooked through and lightly browned. Add potato mixture, thyme, salt, and black pepper to skillet and stir until combined.

Nutritional information per serving—**protein:** 24 grams; **fat:** 11 grams; **carbohydrate:** 25 grams; **fiber:** 2 grams; **sodium:** 740 milligrams; **cholesterol:** 95 milligrams; **calories:** 291.

## BREAKFAST BOOKS

As the newest cookbooks arrive, it's obvious that breakfast is gaining respect; indeed, popularity. Suddenly the morning meal is being rediscovered as a nourishing necessity and a comforting pleasure. With choices such as Fresh Salmon Hash, Supersticky Cinnamon Rolls, Honey-Crunch Baked Apples, and more from Elizabeth Alston's *Breakfast with Friends* (McGraw-Hill; $17.95), it's no wonder. In this useful book, you'll find the right mix of quick foods as well as selections for leisurely Sunday mornings, when these dishes can be eaten as slowly as they are made. *Tea Breads And Coffeecakes* (Harper Collins; $10.95) is another contribution by Alston. Though not dedicated to breakfast, the volume includes such simple, hearty baking recipes that it belongs to the morning-meal category.

For a visual and culinary trip around the breakfast tables of the world, see *A Proper Breakfast* (St. Martin's Press; $14.95), written by Alexandra Parsons and illustrated by Evie Safarewicz. As this book attests, there is no one ideal breakfast. The choices vary—from a French creation of Brioche with Apricot and Almond Jam to a Viennese Gugelhupf to a Swiss Potato Rosti—but the theme is the same: Take time for breakfast. It will nourish your body and, the author concludes, your soul.

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For more recipes, send a stamped, self-addressed envelope to: Dole Consumer Center, P.O. Box 7101, Dept. LHCCL, San Francisco, CA 94120-7101.

## Dole Honey Mustard Chicken

**Prep. time: 15 mins.** **Cook time: 20 mins.**

- 1 can ( 20 oz.) Dole Pineapple Slices in Juice
- 4 boneless, skinless chicken breast halves
- 2 tsp. vegetable oil
- 2 large cloves garlic, pressed
- 1 tsp. thyme, crumbled
- 1 Tbsp. cornstarch
- ¼ cup each: honey, Dijon mustard

Drain pineapple; reserve juice. Sprinkle chicken with salt and pepper to taste. Rub with garlic and thyme. Brown in hot oil in nonstick skillet. Combine 2 tablespoons reserved juice with cornstarch. Combine honey and mustard; stir into skillet with remaining juice. Spoon sauce over chicken. Cover and simmer 15 minutes. Stir cornstarch mixture into pan juices. Add pineapple. Cook, stirring, until sauce boils and thickens. Serves 4.

Dole

HOW'D YOU DO YOUR DOLE TODAY?™

Pg 125

## VALENTINE LUNCH

*Continued from page 118*

When carrots are tender, with slotted spoon, remove to a plate. Add asparagus to boiling water in saucepan and cook just until tender-crisp—about 1 minute. Drain asparagus, reserving 1 cup of the cooking water.

**5.** In same saucepan, melt butter. Add onion and sauté until opaque. Stir in flour until well mixed. Stir in reserved cooking water, the milk, thyme, salt, and pepper sauce; heat to boiling, stirring constantly, until thickened and bubbly. Remove from heat; keep sauce warm.

**6.** To assemble napoleons, using serrated knife, split each pastry square horizontally in half to form 6 thinner pastry squares. Place one bottom pastry half, cut side up, on each of 2 serving plates. Spread a thin layer of sauce on pastry; top with asparagus and some sauce. Set aside 2 top pastry halves; place remaining 2 pastry halves over asparagus layer. Cover pastry with a thin layer of sauce, the carrots, remaining sauce, and the top pastry halves. Press pastry roses and leaves into top of Vegetable Napoleon; garnish with thyme sprigs, if desired.

Nutritional information per serving—**protein:** 16 grams; **fat:** 35 grams; **carbohydrate:** 41 grams; **fiber:** 6 grams; **sodium:** 714 milligrams; **cholesterol:** 141 milligrams; **calories:** 567.


# Country Living

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Nebraska City, Neb. 68410

Or, write your name and address on a 3'' by 5'' card with the words ''Country Living National Arbor Day Forest,'' and mail with your check to the above address.


## SWEETHEART CRACKERS

Shown on page 117

**Simple to make, homemade crackers are cut into hearts especially for Valentine's Day. For other occasions, cut cracker dough into rounds or squares.**

MAKES ABOUT 36

- **1 cup unsifted all-purpose flour**
- **¼ teaspoon baking powder**
- **1 tablespoon butter or margarine**
- **⅓ cup milk**
- **Sesame seeds (optional)**

**1.** Heat oven to 325°F. In food processor with chopping blade, process flour, baking powder, and butter until coarse crumbs form. Slowly mix in enough milk to form a soft dough.

**2.** Divide dough in half. On floured surface, roll one dough half until paper thin, lifting dough often to dust with flour to prevent sticking. With 3-inch heart-shaped cutter, cut rolled dough into crackers. If desired, lightly sprinkle crackers with sesame seeds. Gently roll rolling pin over the dough to press seeds onto each cracker.

**3.** Transfer crackers to ungreased baking sheet. With fork, pierce each cracker 4 or 5 times. Bake 10 minutes; turn crackers and bake 10 to 15 minutes longer or until lightly browned. Cool crackers; store in airtight container.

Nutritional information per cracker made with butter—**protein:** .4 gram; **fat:** .4 gram; **carbohydrate:** 3 grams; **fiber:** .1 gram; **sodium:** 4 milligrams; **cholesterol:** 1 milligram; **calories:** 17.

## FROM BEE TO THEE

Remember when honey was the stuff of health-food stores and nutrition gurus? Now, along with whole grains, beans, fresh-squeezed juices, and yogurt, honey has achieved gourmet status. Suddenly, there's a bevy of exotic choices: Blue Borage honey from New Zealand, Gallberry honey of North Carolina, and Acacia honey from China, to name a few. In fact, there are more than 300 unique varieties of this golden nectar. When selecting honey, keep in mind that the darker the honey, the stronger its flavor. Mild types are best for delicately seasoned cooking; more robust honeys work well in spreads and as dessert toppings.

For more tips on buying and using nature's sweetener, plus an illustrated story of beekeeping and hive hunting, pick up a copy of *Honey* (Bantam; $6.95), by Jill Norman. Another source for honey facts is the National Honey Board, which provides free recipe booklets to consumers. To receive ''Honey: The Universal Sweetener,'' send a self-addressed, stamped business-size envelope to the National Honey Board, c/o Evans Food Group—Dept. AHT, 190 Queen Anne Ave. N., Seattle, Wash. 98109.

## PISTACHIO CHEESE

Shown on page 116

**This easy-to-shape cheese heart is appetizing served with either homemade or store-bought crackers.**

MAKES ABOUT 12 (1-OUNCE) SERVINGS

- **1 5-inch wheel or 14-ounce Bresse Brie or other double-cream brie**
- **2 tablespoons finely chopped shelled pistachios**
- **Sweetheart Crackers (this page) or any other plain unsalted crackers (optional)**

**1.** With 5-inch heart-shaped cutter or cardboard heart pattern, trim cheese to resemble a heart. Press pistachios onto cut side surface of cheese.

**2.** Place cheese on serving plate; cover and refrigerate until 30 minutes before serving. Surround cheese with some crackers, if desired.

Nutritional information per 1-ounce serving of cheese—**protein:** 6 grams; **fat:** 10 grams; **carbohydrate:** .8 gram; **fiber:** .2 gram; **sodium:** 179 milligrams; **cholesterol:** 31 milligrams; **calories:** 115.

*Continued on page 126*

Pg 126

## VALENTINE LUNCH

*Continued from page 125*

### BITTERSWEET CHOCOLATE CAKE

Shown on page 116

**Crowned with candied flowers, this sinfully rich flourless cake possesses an intense bittersweet-chocolate flavor that chocolate lovers will adore.**

MAKES 12 SERVINGS

- **12 1-ounce squares semisweet chocolate or ¾ pound bittersweet chocolate, coarsely chopped**
- **⅓ cup water**
- **1½ cups (3 sticks) unsalted butter, cut into chunks**
- **¾ cup sugar**
- **6 large eggs, separated, at room temperature**
- **¼ teaspoon cream of tartar**
- **Thin cardboard**
- **3 tablespoons apricot preserves**
- **1 tablespoon raspberry liqueur**
- **Chocolate Glaze (recipe follows)**
- **Candied flowers, green leaves, fresh flowers, champagne grapes (optional)**
- **Confectioners'-sugar-dusted strawberries (optional)**

**1.** Heat oven to 325°F. Grease two 9-inch heart-shaped baking pans. Line bottom of pan with parchment paper or foil cut to fit exactly. Grease paper or foil; dust pan with flour, removing excess.

**2.** In double boiler over hot, not boiling, water, melt chocolate until smooth, stirring occasionally. Stir in water until well mixed. Add butter, a few chunks at a time, and stir until blended. Stir in ½ cup sugar until well mixed. Remove chocolate mixture from heat; stir in egg yolks until smooth.

**3.** In large bowl, beat egg whites and cream of tartar until foamy. Gradually beat in remaining ¼ cup sugar until stiff peaks form. Fold about 1 cup beaten egg whites into chocolate mixture to lighten it then fold chocolate mixture into remaining beaten whites just until mixed. Pour batter into prepared pans.

**4.** Bake 30 to 35 minutes or until firm around the edge and soft in the center. Cake will feel hard on top and may crack. Cool layers in pan on wire rack to room temperature. The center of cake layers will sink while the edges remain up over side of pans. With fingers, push in cake around edge of pan and flatten edge to form a level layer.

**5.** From thin cardboard, using the baking pan for a pattern, cut out 2 hearts to fit the cake layers. Place heart-shaped cardboard over each cake layer and carefully invert cake onto cardboard; remove pan, then paper or foil.

**6.** In small bowl, combine preserves and liqueur. Prepare Chocolate Glaze. Place one cake layer on wire rack over a small baking sheet or pizza pan. Spread layer with apricot mixture. Carefully slide second cake layer over apricot-topped layer. Discard cardboard from second layer. Pour half of glaze over center of cake; spread over top and side of cake. Refrigerate cake just until glaze hardens. Pour and spread remaining glaze over cake. Refrigerate cake until second coating hardens. Transfer cake to serving plate. (At this point, cake may be refrigerated, covered, up to 2 days before serving.)

**7.** Just before serving, garnish cake on top with candied flowers and surround with fresh leaves, flowers, and champagne grapes, if desired. Cut cake into small pieces with a sharp knife to avoid crumbling. Serve cake at cool room temperature with strawberries, if desired.

**Chocolate Glaze:** In double boiler over hot, not boiling, water, melt **6 tablespoons unsalted butter** with **six 1-ounce squares semisweet chocolate** until smooth. Cool slightly.

Nutritional information per serving without flowers or fruit—**protein:** 6 grams; **fat:** 46 grams; **carbohydrate:** 40 grams; **fiber:** 1 gram; **sodium:** 232 milligrams; **cholesterol:** 182 milligrams; **calories:** 565.


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**(on pages 146 and 150)**

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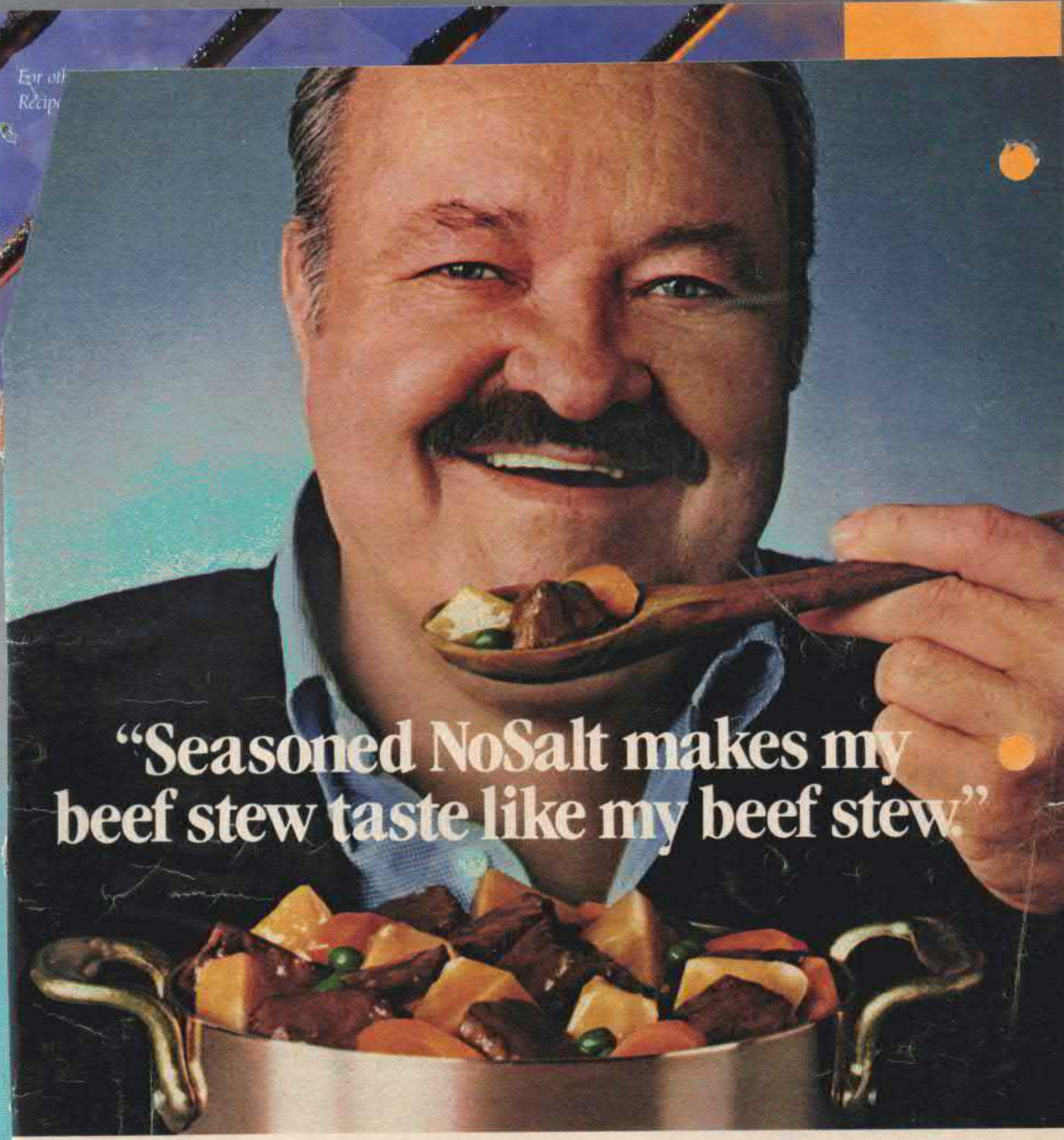


William Conrad is a man who doesn't like bland food. He loves everything seasoned just right. Herbs, spices, but without salt. That's why he trusts his favorite beef stew recipe to Seasoned NoSalt, the salt alternative. It flavors like salt, but it's sodium-free. After you've tried this recipe, send for William Conrad's other "Favorite Recipes" that feature Seasoned and regular NoSalt. Write: Recipes, P.O. Box #3844M, Stamford, CT 06905, and enclose your favorite NoSalt recipes. We'd love to try them.

## Conrad's Beef Stew with NoSalt™

**1½ lbs. boneless beef for stew, cut into 1½ inch pieces**
**¼ t. pepper**
**1½ T. unsalted butter or margarine**
**1½ T. vegetable oil**
**2 cups chopped onion**
**2½ cups water, divided**
**¾ cup Burgundy wine**
**1 bay leaf**
**1 t. instant beef bouillon, without salt added**
**¼ t. dried thyme, crumbled**
**6 medium carrots, sliced**
**2 small potatoes (4 ozs. each) cut into 1-inch pieces**
**¼ lb. mushrooms, sliced**
**1 cup frozen peas**
**3 T. cornstarch**
**¼ t. Seasoned NoSalt**

Toss beef with pepper. In a large heavy saucepan or Dutch oven, melt butter with oil. Add beef and brown well. Remove and set aside. Add onion; cook until tender. Stir in beef and 2 cups water, wine, bay leaf, bouillon and thyme. Bring to a boil; reduce heat, cover and simmer 1 hour.

Stir in carrots and potatoes; simmer, covered, an additional 45 minutes or until beef and vegetables are tender. Stir in mushrooms, peas and cornstarch blended with remaining ½ cup water. Cook, uncovered, 15 minutes or until mushrooms are tender and gravy is thickened. Stir in Seasoned NoSalt and garnish, if desired, with parsley. Makes about 6 servings.

Honey-Mustard Duckling with Mustard Greens and Onions

Pg 161

**FROM LUCY'S GARDEN**

Continued from page 154

Unlike other hot spices, including peppers and chilies, mustard's bite does not build up or persist. On the contrary, unless vinegar or another acidic liquid is added to the blend, prepared mustard's pungency dissipates within a few hours after it is mixed. —*L.W.*

## Honey-Mustard Duckling with Mustard Greens and Onions

Shown on page 152

In this entrée, young greens sautéed with onions make a fine partner for pan-fried duckling drizzled with fragrant mustard sauce.

**MAKES 4 SERVINGS**

- 1 pound young mustard greens
- 4 6-ounce boneless duckling breast halves with skin (see Note)
- 1 cup frozen white pearl onions, thawed
- ⅓ cup cider vinegar
- ¼ cup honey
- 1 tablespoon coarse-grained prepared mustard
- Thyme sprigs (optional)
- Prepared couscous (optional)

**1** Cut off and discard tough center ribs of mustard greens. Stack leaves and cut crosswise into strips 1 to 2 inches wide. Set greens aside.

**2** Heat large nonstick skillet over medium-high heat until hot. Place duckling breasts, skin side down, in skillet and cook until skin is well browned and crisp—about 7 minutes. Meanwhile, heat oven to 200°F. Turn duckling and reduce heat to medium low. Cook 5 minutes longer for medium doneness.

**3** Transfer duckling to ovenproof platter and let stand in warm oven 10 minutes. Meanwhile, prepare greens and onions: Drain all but about 1 tablespoon fat from skillet. Add onions to skillet; sauté until lightly browned. Add mustard greens; cook and stir until tender.

**4** Divide greens and onions among 4 serving plates; keep warm in low oven. Add vinegar, honey, and mustard to skillet; heat to boiling; set aside.

**5** Just before serving, cut each duckling breast crosswise into ¼-inch-thick slices; fan sliced duckling over greens on each plate. Spoon honey mustard mixture over duckling and greens. Garnish plates with thyme sprigs and serve duckling with couscous, if desired.

**Note:** We used Maple Leaf Farms' boneless duckling breasts. If you can't find this product in your markets, purchase two 5-pound whole ducklings and remove the breasts. Freeze the leg-thigh portions for another use.

Nutrition information per serving without thyme sprigs and couscous—**protein:** 38 g; **fat:** 8 g; **carbohydrate:** 28 g; **fiber:** 4 g; **sodium:** 177 mg;

Continued on next page




Use Grey Poupon Honey Mustard, and it's sure to fly.

**Apricot-Honey Chicken Poupon**

½ cup Grey Poupon Honey Mustard
3 tablespoons apricot preserves
1 teaspoon ground ginger
4 boneless, skinless chicken breast halves (about 1 pound)

Blend mustard, apricot preserves and ginger. Brush some mustard mixture on chicken. Grill or broil chicken for 6 to 8 minutes on each side or until done, brushing with mustard mixture frequently. Makes 4 servings.

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Pg 162



Continued from previous page

**cholesterol:** 131 mg; **calories:** 324.

## Mustard-Glazed Fruit Relish

Shown on page 153

A tangy-sweet condiment for meats, this spicy relish is a fresh-fruit adaptation of the Italian chutney known as *mostarda*—sweetened dried fruits flavored with mustard oil.

MAKES ABOUT 2 CUPS

- 2 tablespoons yellow mustard seeds
- 1 tablespoon dry mustard
- 6 tablespoons dry white wine
- 1/4 cup sugar
- 3 tablespoons white-wine vinegar
- 1/2 teaspoon salt
- 1/2 pound green seedless grapes
- 1/2 pound red plums
- 1/2 pound small nectarines

1 Day ahead, soak mustard seeds: In glass cup or nonaluminum bowl, combine mustard seeds, dry mustard, and wine. Let stand 24 hours to soak. Add additional wine if necessary to cover the seeds.

2 Next day, in small saucepan, heat sugar and vinegar to boiling. Remove from heat and stir in salt; set aside.

3 In blender or small food processor fitted with chopping blade, process mustard mixture to a creamy consistency. Stir mustard mixture into sugar mixture.

4 Before serving, remove grapes from stems. Halve, pit, and slice plums. Halve, pit, and cut nectarines into chunks. In large bowl, toss mustard mixture and fruit; cover and refrigerate fruit until well chilled. Transfer mustard fruit to serving bowl.

Nutrition information per 1/4 cup serving—**protein:** .7 g; **fat:** .5 g; **carbohydrate:** 19 g; **fiber:** 1 g; **sodium:** 134 mg; **cholesterol:** 0; **calories:** 82.

## Homemade Herb Mustard

Shown on page 153

This recipe requires a slow cooker and a few weeks of aging before serving.

MAKES ABOUT 4 CUPS

- 3/4 cup yellow mustard seeds
- 1/4 cup brown mustard seeds (if unavailable, use all yellow seeds)
- 1 cup dry mustard
- 1 1/2 to 1 3/4 cups water
- 3/4 cup cider vinegar
- 1/4 cup packed light brown sugar
- 2 teaspoons salt
- 2 teaspoons turmeric
- 1/2 cup chopped mixed fresh herbs (use a mixture of tarragon, parsley, dillweed, or thyme)

1 Day ahead, soak mustard seeds: In medium-size nonaluminum bowl, combine mustard seeds, dry mustard, and 1 1/2 cups water. Let stand 24 hours to soak. Add additional water if necessary to cover the seeds.

2 Next day, in food processor fitted with chopping blade, grind mustard mixture with 1/4 cup vinegar as fine as possible—about 5 minutes. Add remaining vinegar, the sugar, salt, and turmeric; process to mix.

3 In electric slow-cooker, cook mustard mixture, covered, on low setting 4 hours, stirring occasionally. (Never allow the mixture to boil or it will be bitter.) The mustard should maintain a temperature of about 140°F.

4 In small bowl, stir herbs into mustard mixture. Fill screw-top jar with herb mustard mixture; cover and store in the refrigerator at least 2 weeks before serving.

Nutrition information per tablespoon—**protein:** .8 g; **fat:** .7 g; **carbohydrate:** 1 g; **fiber:** .1 g; **sodium:** 196 mg; **cholesterol:** 0; **calories:** 12.

## Mustard Tidbits

- Although prepared mustard doesn't really spoil, it should be purchased in small quantities because it will lose flavor when stored too long or allowed to dry out.
- Both homemade and store-bought prepared mustards should be kept in the refrigerator to preserve their bite.
- Dry mustard, commercially termed mustard flour by FDA standards, is the heart of the seed that is finely ground. The seed's outer husk is removed by milling.
- By French regulations, Dijon mustard must contain only black and/or brown seeds—no yellow seeds—and be blended with verjuice (unfermented wine), wine, wine vinegar, or a combination of them. In contrast, the smooth, golden condiment popular in America's ballparks is made of mild yellow mustard seeds.
- Averaging about 12 calories per tablespoon, prepared mustard as a bread spread adds a lot of flavor with virtually no fat and no cholesterol.

—*L.W.*

## Sizing Up Mustard Seeds

THE PLANTS THAT PRODUCE THE seeds from which mustard is made are part of the broad genus *Brassica*, which also includes broccoli, cabbages, and turnips. Within this group, there are three plants that produce the spice seeds: *B. hirta* supplies yellow or white mustard seeds, *B. juncea* gives us brown and Oriental mustard seeds, and *B. nigra* produces black or Trieste mustard seeds.

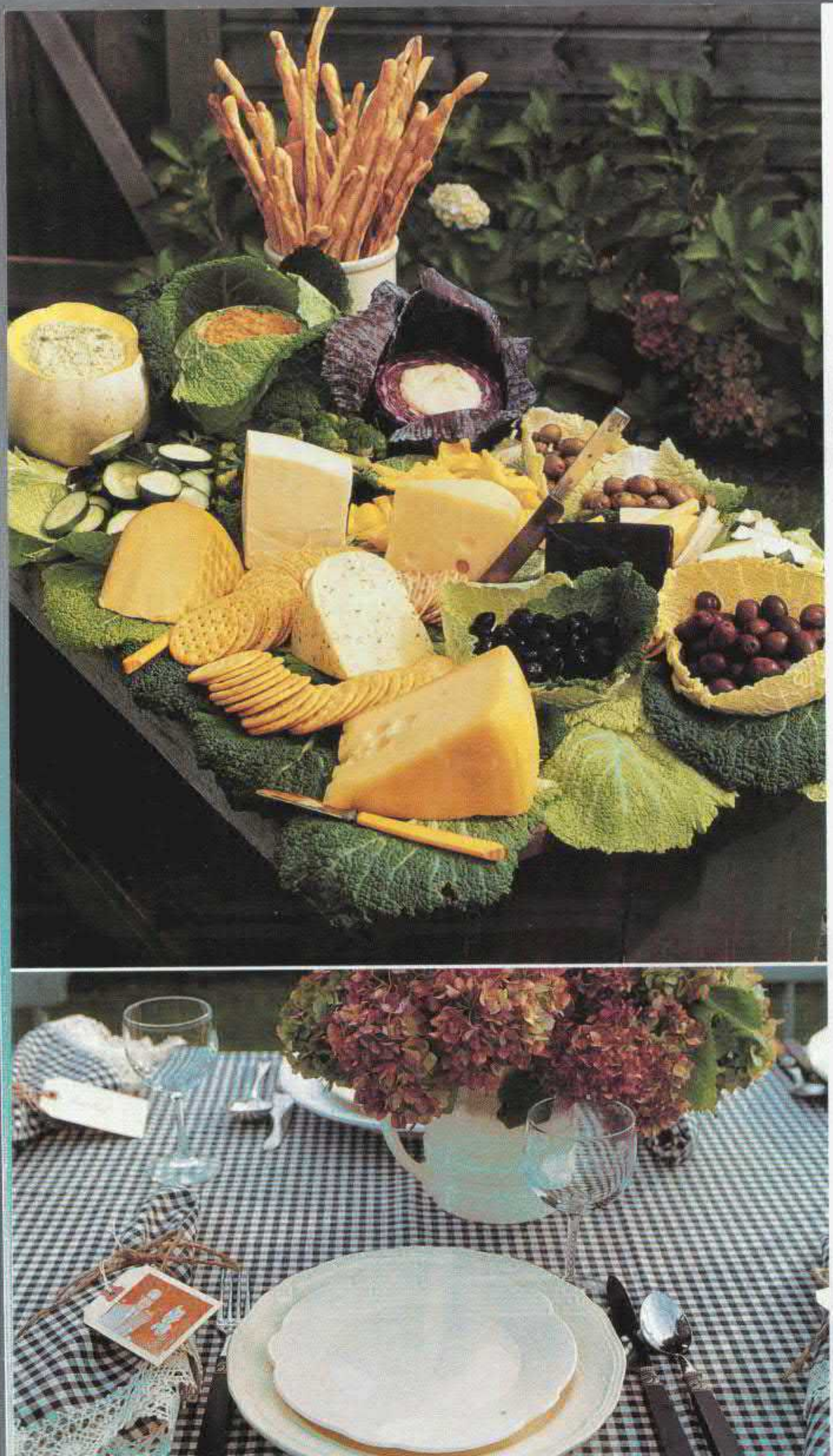
**Yellow or white mustard seeds** are slightly larger than the other types. Generally a pale straw color, these seeds have a sharp taste but not as much pungency as the other varieties.

**Brown and Oriental seeds** both come from *B. juncea*. Oriental seeds, however, are ocher, while the "brown" seeds range from reddish to dark brown. These seeds contain a volatile oil that produces a very pungent aroma and a strong bite. The pronounced heat of Chinese restaurant mustard, hot English mustard, and Dijon- and German-style prepared mustards is attributed to these potent seeds. When Oriental seeds are planted, they will produce spicy Chinese mustard greens.

**Black mustard seeds** are similar in flavor to brown seeds except they are slightly darker and oblong, rather than spherical.

—*L.W.*

A field of ready-for-harvest sweet corn provides a screen of privacy for our celebration. A bank of tables dressed in two lengths of checked fabric assures that everyone has a front-row seat for the party. Unmatched ironstone pitchers overflow with hydrangeas, holding the tablecloth in check from fall breezes as well as reflecting the colors of the natural backdrop. Matching vintage chairs purchased from a New England inn provide plenty of seating for the buffet.



*Left:* **Savoy cabbage leaves line the serving area for a crock of TWISTED CHEESE STICKS, vegetable bowls of ZUCCHINI PÂTÉ, CARROT PÂTÉ, and HUMUS, vegetable dippers, olives, cheese, and crackers.**

CHEESES: JARLSBERG NORWEGIAN CHEESE AND WISCONSIN MILK MARKETING BOARD.

*This page, below:* **Tied to napkins with twine, manila tags bearing photocopies of the anniversary couple make clever place cards.**

TABLECLOTH, NAPKINS, PITCHER, WINEGLASSES, FLATWARE, BUFFET PLATE, AND BARBARA EIGEN DINNER PLATES: WOLFMAN-GOLD & GOOD CO.

*Opposite page, top:* **Assorted country breads accompany the buffet of CHICKEN, BASIL, AND DRIED TOMATO TERRINE, ROASTED POTATO AND CORN SALAD, COLD BAKED SALMON, BAKED HAM, and GRILLED VEGETABLE TORTE.**

COLD MEAT FORK, PLATTERS, AND SERVING BOWL: WOLFMAN-GOLD & GOOD CO. SPIRAL-CUT HAM: S. WALLACE EDWARDS & SONS. ATLANTIC SALMON: BAY OF FUNDY SALMON MARKETING INSTITUTE.

*Opposite page, bottom left:* **Ice-cream cones are served in our Ice Cream Cone Holder. Designed by Food Editor Joanne Lamb Hayes and handcrafted by Michael Bonne/Coppersmith, the 11-inch-long, 5⅛-inch-high copper and tin holder is available from *Country Living* for $45. To order, call (800) 413-9746, or see Contents page for location of coupon.**

*Opposite page, bottom right:* **A serving of PEAR AND DRIED FRUIT COMPOTE and a single CHOCOLATE TRUFFLE.**

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**Frosted with LEMON-HERB BUTTERCREAM and topped with a variety of organic flowering herbs, the three-tier LEMON HERB CAKE was created to complement the party's informal décor. The fruit compote arrives at the party in the storage jar in which it was chilled, and the mound of tempting truffles is easily accessible on a pedestal plate.**

CAKE TABLE BY ARCHATRIVE. CAKE PLATTER AND CAKE PLATES WOLFMAN-GOLD & GOOD CO.

## Chicken, Basil, and Dried-Tomato Terrine

Shown on page 189

A trio of colors and flavors, this party dish first appeared in *Country Living* in June 1990.

**MAKES 12 SERVINGS**

- 2¾ pounds boneless and skinless chicken breasts, cut into ½-inch cubes
- ½ cup brandy
- 1 tablespoon olive oil
- 2 cloves garlic, chopped
- 1 teaspoon salt
- ½ teaspoon ground white pepper
- 1¾ cups heavy cream
- 3 large egg whites
- ½ cup chopped fresh basil leaves
- ¼ cup thawed, well-drained, frozen chopped spinach
- ¼ cup chopped fresh parsley leaves
- 1 14-ounce jar pimientos, drained
- ½ cup chopped oil-packed, dried tomatoes
- 2 ounces goat cheese or cream cheese
- Boiling water
- Fresh basil leaves (optional)

**1** A day ahead, prepare terrine: In large bowl, stir together chicken, brandy, oil, garlic, ¾ teaspoon salt, and the pepper until combined.

**2** Heat oven to 350°F. Line a 9- by 5-inch loaf pan with aluminum foil; generously grease foil.

**3** Reserve ½ cup chicken-cube mixture. In food processor fitted with chopping blade, process half of remaining chicken mixture and its liquid, 1 cup cream, and 1 egg white until smooth. Remove mixture to medium-size bowl. Process remaining half of chicken mixture, the remaining ¾ cup cream, and 2 egg whites until smooth; with spoon, beat this mixture into other processed chicken mixture; set aside.

**4** In same food processor with chopping blade, process basil, spinach, parsley, and ⅛ teaspoon salt until finely chopped; add one third of processed chicken mixture and process until well combined. Spread basil-chicken mixture evenly into bottom of prepared loaf pan.

**5** In clean container of food processor, with chopping blade, process pimientos and half of remaining processed chicken mixture until smooth. Fold in tomatoes. Spread pimiento-chicken mixture evenly over basil-chicken mixture in loaf pan.

**6** Break goat cheese into ½-inch pieces. Gently fold reserved chicken-cube mixture, the goat-cheese pieces, and remaining ⅛ teaspoon salt into remaining processed chicken mixture. Spread goat-cheese-chicken mixture evenly over pimiento-chicken mixture in loaf pan.

**7** Cover terrine with aluminum foil. Place loaf pan in a roasting pan. Add enough boiling water to roasting pan

Continued on next page

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STAPLES

Pg 192



Continued from previous page

to come half way up sides of loaf pan. Bake terrine 60 to 65 minutes or until center feels firm when gently pressed and meat thermometer, inserted in center of terrine, registers 165°F. Remove loaf pan from roasting pan.

8 Cut piece of heavy-duty cardboard to 9- by 5-inch rectangle. Place on top of foil covering terrine. Weigh cardboard down with unopened fruit or vegetable cans. Refrigerate terrine until well chilled.

9 When terrine is well chilled, remove cans, cardboard, and foil cover. Invert terrine onto serving platter. Tuck fresh basil leaves under edges of terrine, if desired. Slice crosswise to serve.

Nutrition information per serving made with cream cheese—**protein:** 27 g; **fat:** 20 g; **carbohydrate:** 7 g; **fiber:** 1 g; **sodium:** 399 mg; **cholesterol:** 112 mg; **calories:** 326.

## Roasted Potato and Corn Salad

Shown on page 189

The hearty flavors of corn, potato, onion, and garlic complement one another in this easy-to-make fall salad.

MAKES 12 SERVINGS

- 6 ears yellow corn with husks
- 3 pounds small red potatoes, cut in half
- 8 small onions, cut lengthwise in half
- 8 cloves garlic, sliced
- 3 tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 tablespoon cider vinegar

1 Heat oven to 400°F. Peel back husks of corn, leaving them attached at the base, and remove all silk. Rinse corn, being sure to moisten husks thoroughly. Rearrange husks to cover corn.

2 In large bowl, combine potatoes, onions, garlic, oil, salt, and pepper. Place potato mixture in a single layer on 2 rimmed baking sheets. Roast potato mixture and corn 30 to 40 minutes or until potatoes are tender. Set aside on wire rack until corn is cool enough to handle.

3 Shuck corn; with sharp knife, cut corn kernels from cobs. In large serving bowl, combine potato mixture, corn, and vinegar.

Nutrition information per serving—**protein:** 4 g; **fat:** 4 g; **carbohydrate:** 42 g; **fiber:** 5 g; **sodium:** 197 mg; **cholesterol:** 0; **calories:** 210.

## Cold Baked Salmon

Shown on page 189

Bake this salmon a day ahead of your party and serve it cold with a garnish of fresh dill, lemons, and cucumbers.

MAKES 8 SERVINGS

- 1 5-pound salmon, cleaned and scaled (see Note)
- 1 teaspoon salt
- ¼ teaspoon ground white pepper
- 4 small lemons

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Continued from page 192

leaves, in "bowls" made from seasonal produce, and on simple trays. No extra flowers were needed.

When planning a party for friends and family, you can feel free to use your imagination, relax, and have fun. After all, anniversaries are times for reflection, occasions for remembering, looking forward, and celebrating with the people we care about most. Happy anniversary, and enjoy the party! —*J.L.H.*

## Twisted Cheese Sticks

Shown on page 188

These mildly spiced breadsticks are great for sampling dips. This recipe first appeared in *Country Living* in December 1995.

**MAKES 4 DOZEN STICKS**

- 2 1/2 to 2 3/4 cups unsifted bread flour
- 3/4 cup shredded sharp Cheddar cheese
- 1/4 cup instant nonfat dry milk powder
- 1 envelope rapid-rising dry yeast
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/4 teaspoon ground red pepper
- 1 cup very warm water (120° to 130°F)
- 2 tablespoons olive oil
- 1 large egg white beaten with 1 teaspoon water
- Paprika
- Additional ground red pepper

1 In food processor fitted with chopping blade, process 2 1/2 cups flour, the cheese, milk powder, yeast, salt, sugar, and red pepper just until mixed. In cup, combine water and oil. With processor running, slowly add water mixture through feed tube. Process until dough pulls away from side of container.

2 Let dough stand in processor 5 minutes. Meanwhile, oil a large bowl. Reprocess dough 20 to 30 seconds and transfer to oiled bowl. Cover with plastic wrap. Let rise in warm place, away from drafts, until double in size—about 40 minutes.

3 Divide dough into 2 balls and dust with flour; set aside 5 minutes. Meanwhile, grease or coat with nonstick vegetable cooking spray 3 large baking sheets. On floured surface, with floured rolling pin, roll each ball of dough into a 12- by 10-inch rectangle. (If dough is too elastic and difficult to roll out, set it aside partially rolled out and roll out other half, then return to it after it has relaxed.)

4 Brush rectangle surface with egg-white mixture and sprinkle generously with paprika. Lightly sprinkle with some red pepper. With floured pizza-cutting wheel or sharp knife, cut rectangle crosswise into four 10- by 3-inch rectangles; cut each rectangle into six 10-inch-long strips, making 24 strips of dough in all.

5 Gently pick up both ends of each strip and twist 3 to 4 turns in opposite directions. Place twisted strips, 1-inch apart, on greased baking sheets, pressing ends into sheet to keep them from untwisting. Let twists rise 15 minutes or until puffy. Repeat Steps 4 and 5 with other half of dough.

6 Heat oven to 375°F. Bake strips 15 minutes or until crisp and lightly browned. Cool sticks on wire racks. Store in airtight containers.

Nutrition information per stick—**protein:** 1 g; **fat:** 1 g; **carbohydrate:** 5 g; **fiber:** .2 g; **sodium:** 59 mg; **cholesterol:** 2 mg; **calories:** 38.

## Zucchini Pâté

Shown on page 188

This fresh-tasting vegetable spread from the May 1988 issue of *Country Living* may be made a day ahead. For our Anniversary buffet, the recipe was doubled and served from a white pumpkin.

**MAKES 8 SERVINGS**

- 2 medium-size (1/2 pound) zucchini
- 1 teaspoon tarragon or white-wine vinegar
- 1 teaspoon sugar
- 1 teaspoon salt
- 1/4 cup packed fresh parsley leaves
- 1/4 cup chopped fresh chives
- 1 3-ounce package cream cheese, softened

Continued on page 196

## Recipe Index


196 Carrot Pâté
197 Chicken, Basil, and Dried Tomato Terrine
204 Chocolate Truffles
198 Cold Baked Salmon
199 Grilled Vegetable Torte
196 Hummus
200 Lemon Herb Cake
202 Pear and Dried Fruit Compote
198 Roasted Potato and Corn Salad
194 Twisted Cheese Sticks
194 Zucchini Pâté


## Two Easy-to-Assemble Accessories

### Made for the Shade

Protect your buffet table from the sun with a simple awning like the one shown on page 185. 1 Cut your choice of colorful **54- or 60-inch-wide fabric** to the length of the area you wish to shade. With a **staple gun,** staple one cut end of the fabric onto a **thin 1- to 2-inch-wide strip of wood of equal length.** 2 Staple other cut end of fabric over doorway. 3 Cut **two tree branches** to equal length; prop wood-reinforced end of awning on the branches, inserting other ends of branches into the ground for stability.

### A Table Cover

Here's an easy way to make a pretty covering for the dining table you'll be using. 1 Cut **two lengths of 54-inch-wide fabric** to fit one table, allowing for enough fabric to reach to the ground on both ends of the tabletop. 2 Place the fabric pieces together with right sides inside and sew along selvage to join the two pieces together. 3 Open and place over table with seam down center. No hemming necessary. (Repeat to cover as many tables as you require for your guests. We used two tables, then pushed them together.)

Continued from page 194

- ¼ teaspoon ground black pepper
- 1 medium-size white pumpkin (optional)

**1** Line medium-size bowl with double thickness of cheesecloth. To extract some moisture from zucchini, coarsely grate unpeeled zucchini into prepared bowl. Sprinkle with vinegar, sugar, and ½ teaspoon salt. Toss gently; cover and set aside 1 hour.

**2** In food processor fitted with chopping blade, process parsley and chives until very finely chopped.

**3** Gather ends of cheesecloth; squeeze zucchini to drain out as much liquid as possible. Add drained zucchini to processor; process until smooth. Add cream cheese, remaining ½ teaspoon salt, and the pepper. Process until well combined.

**4** If desired, make white pumpkin bowl: Cut opening around stem end of pumpkin; wrap and refrigerate for another purpose. Remove and discard seeds and strings from pumpkin to make bowl. Spoon zucchini pâté into pumpkin or other serving bowl. Cover and refrigerate until ready to serve—several hours or overnight.

Nutrition information per serving—**protein:** 1 g; **fat:** 4 g; **carbohydrate:** 2 g; **fiber:** .4 g; **sodium:** 299 mg; **cholesterol:** 12 mg; **calories:** 44.

## Carrot Pâté

Shown on page 188

This spicy pâté boasts such healthy ingredients as carrots and orange juice. Originally published in the May 1988 *Country Living*, this recipe was doubled for our large crowd.

MAKES 8 SERVINGS

- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 3 medium-size (½ pound) carrots, peeled and thinly sliced
- ½ cup water
- ¼ cup orange juice
- 1 tablespoon grated orange rind
- ½ teaspoon ground black pepper
- ⅛ teaspoon salt
- ⅛ teaspoon curry powder
- 2 tablespoons mayonnaise
- 1 teaspoon coarse-grained prepared mustard
- 1 large green cabbage (optional)

**1** In small skillet, heat oil over low heat. Add onion; cover and cook, stirring occasionally, until tender but not brown—about 7 minutes.

**2** Stir carrots, water, orange juice and rind, pepper, salt, and curry powder into onion in skillet. Cover and simmer mixture until carrots are tender—8 to 10 minutes.

**3** Uncover mixture and increase heat to high. Cook, stirring occasionally, until all liquid evaporates—about 5 minutes. Remove skillet from heat; set aside on wire rack to cool carrot mixture slightly.

**4** In food processor fitted with chopping blade, process carrot mixture until smooth pâté forms. Add mayonnaise and mustard and process until combined.

**5** If desired, hollow out cabbage to form a bowl; spoon carrot pâté into cabbage or other serving bowl. Cover and refrigerate until ready to serve—several hours or overnight.

Nutrition information per serving—**protein:** .5 g; **fat:** 5 g; **carbohydrate:** 4 g; **fiber:** 1 g; **sodium:** 70 mg; **cholesterol:** 2 mg; **calories:** 58.

## Hummus

Shown on page 188

A hollowed red cabbage makes a colorful "bowl" for this hearty dip. From *Country Living*'s July 1987 issue, the recipe was doubled for our buffet.

MAKES 8 SERVINGS

- 1 tablespoon olive oil
- 6 cloves garlic, quartered
- 1 19-ounce can chickpeas, drained and rinsed
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- ⅛ teaspoon cracked black pepper
- ¼ cup tahini (sesame-seed paste)
- ¼ to ⅓ cup water
- 1 large red cabbage (optional)
- Assorted fresh vegetables or crackers for dipping (optional)

**1** In 1-quart saucepan, heat oil over low heat. Add garlic; cook until tender but not brown—about 4 minutes. Remove from heat.

**2** In food processor fitted with chopping blade, process garlic, chickpeas, lemon juice, salt, and pepper until coarse paste forms.

**3** Add tahini and ¼ cup water; process until mixture is smooth. Add additional water, if necessary, to reach dippable consistency.

**4** If desired, hollow out cabbage to form a bowl; spoon hummus into bowl. Serve hummus with vegetable dippers or crackers, if desired.

Nutrition information per serving without vegetable dippers or crackers—**protein:** 7 g; **fat:** 8 g; **carbohydrate:** 21 g; **fiber:** 5 g; **sodium:** 72 mg; **cholesterol:** 0; **calories:** 174.

## What to Pour

SPARKLING WINE HAS LONG BEEN A mainstay at special celebrations. We've called on old favorites to contribute festive bubbles to our anniversary menu. Versatile and crisp, the following California sparklers round out the full flavors of our outdoor buffet by complementing fare from appetizers to entrées to desserts.

- **Gloria Ferrer Champagne Caves Brut** has a pearlike bouquet and toasty oak flavors, while the same firm's **Blanc de Noirs** features spicy aromas and flavors. (Sonoma; $15 each)
- **Domaine Chandon's Étoile** shows nutty flavors and a crisp, long finish. (Napa; $25)
- The full, round **Domaine Carneros by Taittinger** offers a palate of melon and pear. (Napa; $19)
- **Mumm's Cuvée Brut Prestige** features crisp black-cherry nuances. (Napa; $15)
- **Roederer Estate Brut** adds notes of lemon and lime. (Anderson Valley; $19)
- The clean, tart **J** from **J Wine Co.** highlights ginger and honey flavors. (Russian River Valley; $28) —*L.M.*

ALL PRICES ARE APPROXIMATE AND MAY VARY; PRICES QUOTED ARE PER 750-MILLILITER BOTTLE.

Cont. From Pg 192



2 small cucumbers
1 bunch fresh dill

**1** Day before serving, bake fish: Heat oven to 400°F. Line large shallow baking pan with aluminum foil; generously oil foil. Place fish in pan; sprinkle outside and cavity of fish with salt and pepper.

**2** Bake salmon 35 to 40 minutes or about 10 minutes per inch of thickness measured at its thickest part. Fish should feel firm when gently pressed at thickest part.

**3** Cool fish in baking pan on wire rack to room temperature. Cover tightly and refrigerate until just before serving.

**4** To serve, unwrap salmon. With sharp knife, cut and remove a rectangle of salmon skin from top, exposing pink meat and leaving about a 1-inch border of skin. Using foil, lift fish onto serving platter; remove foil.

**5** Thinly slice lemons and cucumbers. Remove seeds from lemon pieces and squeeze juice from ends of lemons over fish. Cut lemon and cucumber slices in half. Place half lemon slices, cut edge down, on top of salmon at bottom border of skin. Top each half slice of lemon with a half slice of cucumber. Place remaining lemon slices in cavity of salmon. Place dill sprigs above salmon on platter.

**Note:** We prepared our Cold Baked Salmon using Atlantic salmon—the freshest regional fish we could find on the East Coast.

Nutrition information per serving—**protein:** 34 g; **fat:** 11 g; **carbohydrate:** 5 g; **fiber:** 1 g; **sodium:** 344 mg; **cholesterol:** 94 mg; **calories:** 260.

## Grilled Vegetable Torte

Shown on page 189

The vegetables are broiled or grilled and the torte assembled a day before serving. A convenient choice for entertaining, this colorful layered vegetable dish originally appeared in *Country Living* in July 1996.

**MAKES 12 SERVINGS**

2 medium-size (1½ pounds) eggplants, sliced lengthwise ⅜ inch thick
¼ cup olive oil
3 cloves garlic, finely chopped
4 large (2 pounds) sweet yellow peppers, quartered and seeded
3 large (1½ pounds) sweet green peppers, quartered and seeded
2 large (1 pound) sweet orange peppers, quartered and seeded
¾ teaspoon salt
½ teaspoon ground black pepper
3 medium-size (¾ pound) portabella mushrooms
3 medium-size (1¼ pounds) yellow squash, sliced lengthwise
3 medium-size (1¼ pounds) zucchini, sliced lengthwise
1½ cups loosely packed fresh basil leaves (about 36 large leaves), coarsely chopped
2 tablespoons balsamic vinegar

Continued on next page

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**SWANSON® SKINNY MASHED POTATOES**

PREP TIME: 10 MIN. COOK TIME: 15 MIN.

*large potatoes, cut into 1" pieces*
*½ cups Swanson® Chicken Broth*
*Generous dash pepper*

In saucepan place potatoes and broth. Over high heat, heat to a boil. Cover and cook over medium heat 10 min. or until potatoes are tender.

Drain, reserving broth. Mash potatoes with ***1¼ cups*** broth and pepper. If needed, add additional broth until potatoes are desired consistency. Serves about 6.

Swanson® Broth. When all you want to add is flavor.

Continued from previous page

1 Heat broiler or outdoor grill. In 4-quart saucepan, heat 3 inches water to boiling. Add eggplant slices to boiling water one at a time (to prevent sticking). Return to boiling; immediately remove from heat. Transfer eggplant slices immediately to colander placed in bowl or rimmed baking pan and set aside to drain very well.

2 In small skillet, heat oil. Add garlic and cook just until garlic starts to brown; immediately remove from heat. Lightly brush both sides of all pepper quarters with garlic oil, using about 2 tablespoons oil. Arrange half of peppers on broiler pan or grill rack. Broil or grill 4 inches from heat source or over medium-hot coals 3 minutes. Turn peppers and cook 3 minutes longer or until just tender. Remove to large bowl; repeat with remaining half of peppers. Toss cooked peppers with half of salt and pepper and set aside until cool enough to handle.

3 Remove and discard mushroom stems. Lightly brush both sides of mushrooms, yellow squash, zucchini, and drained eggplant with remaining 2 tablespoons garlic oil. Broil or grill vegetables, half at a time, 3 to 4 minutes on each side or until tender and lightly browned. Remove vegetables, as they are finished, to a rimmed baking sheet or roasting pan; sprinkle with remaining half of salt and pepper and set aside until vegetables are cool enough to handle.

4 Meanwhile, with 1½-inch leaf-shaped cookie cutter, cut a leaf from yellow-pepper quarter; set leaf aside and return remainder of yellow-pepper quarter to bowl. With sharp knife, cut out 3 yellow- and 9 green-pepper triangles, each measuring 4¼ by 4¼ by 2¼ inches. Set pepper triangles aside; return pepper scraps to bowl. Slice cooled mushrooms crosswise ⅛ inch thick.

5 In a 9-inch spring-form pan, arrange eggplant slices in an even layer. Top with about one-sixth of basil (6 leaves) and about 1 teaspoon vinegar. Continue layering vegetables, basil, and vinegar with orange peppers, mushrooms, remaining pieces of yellow pepper, the zucchini, yellow squash, and remaining green and yellow peppers along with pepper scraps. Carefully arrange reserved pepper wedges, alternating 1 yellow and 3 green, on top of layered vegetables. Place leaf-shaped piece of yellow pepper in center.

6 Cover vegetables with a sheet of waxed paper and place an 8-inch round baking pan on top. Weight it down with unopened canned products. Place spring-form pan in rimmed baking pan or tray and refrigerate 4 hours or overnight.

7 Just before serving torte, remove cans and pan; uncover. With sharp knife, cut torte into 12 wedges. Release rim of spring-form pan and allow any juices that have accumulated to drain out onto the baking pan. Pour juices into a jar; cover and refrigerate or freeze for another use. Using pan rim to maintain shape of torte, carefully slide torte from pan bottom onto serving board or plate. Lift rim from vegetable torte. Use spatula and tongs to serve torte.

Nutrition information per serving—**protein:** 4 g; **fat:** 6 g; **carbohydrate:** 18 g; **fiber:** 6 g; **sodium:** 144 mg; **cholesterol:** 0; **calories:** 122.

## Baked Virginia Ham the Easy Way

TO ENSURE THAT THE CENTRAL ELEment of our anniversary buffet would be cooked to perfection and easy to serve, we ordered a ready-to-eat ham by mail from **S. Wallace Edwards & Sons**. The Edwards family has been selling its hand-cured, hickory-smoked Virginia hams since 1926 and now offers a variety of styles as well as bacon, sausages, and smoked turkey. We chose the honey-glazed, fully cooked, spiral-sliced whole ham (#4009A, $74.95 plus shipping) because it arrives table-ready and requires no last-minute carving. To order or to request a catalogue, write to S. Wallace Edwards & Sons, Inc., P.O. Box 25, Surry, VA 23883, or call (800) 222-4267.

## Lemon Herb Cake

Shown on page 190

Lemon herbs give a subtle flavor to our cake layers, while lemon rind and juice provide intensity in the frosting. For convenience, cake layers can be made and frozen several weeks in advance.

**MAKES 72 SERVINGS**

**Cake:**

- 10 cups unsifted cake flour
- ¼ cup baking powder
- 1 teaspoon salt
- 4 cups granulated sugar
- ½ cup chopped fresh lemon-balm leaves
- ½ cup fresh lemon-thyme leaves
- 3 cups (6 sticks) butter, softened
- 12 large eggs
- 2 tablespoons vanilla extract
- 4 cups (1 quart) milk

**Lemon Frosting:**

- Lemon glaze (recipe follows)
- 1 cup (2 sticks) butter, softened
- ½ cup vegetable shortening
- 4 1-pound packages confectioners' sugar
- 2 tablespoons finely grated lemon rind
- 1 to 1¼ cups lemon juice

**Assembling and Decorating Cake:**

- 1 each 12-inch, 9-inch, and 6-inch cardboard rounds
- 10 6-inch-long, ¼-inch-diameter wooden dowels
- Pesticide-free herbs with flowers (optional)

1 Up to three weeks ahead, prepare and freeze Cake: Grease bottoms of 12-inch, 9-inch, and 6-inch round baking pans; line bottoms with waxed paper and grease and flour bottoms and sides of pans. In large bowl, combine 5 cups flour, 2 tablespoons baking powder, and ½ teaspoon salt.

2 Heat oven to 350°F. In large bowl (5-quart or larger) with heavy-duty

Continued on page 202

Continued from page 200

electric mixer, beat 2 cups granulated sugar, ¼ cup lemon balm, and ¼ cup lemon thyme on low speed for 5 minutes to crush herbs. Add 1½ cups (3 sticks) butter and beat on high speed until light and fluffy. Add 6 eggs, one at a time, beating well after each addition. Scrape side of bowl with rubber spatula and beat in 1 tablespoon vanilla extract. Reduce mixer speed to low.

**3** Starting and ending with flour mixture, alternately add flour mixture and 2 cups milk to butter mixture, beating after each addition, until batter is smooth; scrape side of bowl frequently. Using level measuring cupfuls, place 1¼ cups batter into the 6-inch pan, 3 cups batter into the 9-inch pan, and remaining batter into the 12-inch pan. Spread batter to make an even layer.

**4** Bake layers 25 to 30 minutes or until cake tester inserted in centers comes out clean. Cool cake layers in pans on wire racks 5 minutes. Loosen edges and invert cake layers onto wire racks. Remove pans and peel off waxed paper; return layers to right side up and cool completely.

**5** Repeat Steps 1 through 4 with remaining cake ingredients to make another 12-inch, 9-inch, and 6-inch cake layer. If desired, tightly double-wrap each cake layer in plastic and freeze until day before serving. Day before serving, place layers in refrigerator to thaw.

**6** Five to six hours before serving, frost cake: Prepare Lemon Glaze and brush over tops and sides of layers; set aside until dry—15 to 20 minutes.

**7** Meanwhile, prepare Lemon Frosting: In large bowl, with electric mixer on medium speed, beat ½ cup butter and ¼ cup shortening until blended. Reduce mixer speed to very low and gradually beat in 2 packages confectioners' sugar, 1 tablespoon lemon rind, and ½ cup lemon juice. Beat until blended, adding a little more lemon juice if needed to make frosting spreadable. Increase speed to medium and beat until mixture is light and fluffy—about 3 minutes. Transfer to large bowl; cover tightly and set aside. Repeat with remaining frosting ingredients.

**8** To frost cake, on 12-inch cardboard round, invert a 12-inch cake layer. Spread ⅛-inch layer frosting over cake layer and place remaining 12-inch cake layer right side up on frosting. Repeat with 9-inch and 6-inch layers. With remaining frosting, lightly frost sides and tops of cakes. Refrigerate cakes until frosting is firm—1 to 2 hours.

**9** About 1 hour before serving, assemble cake on serving table. Place 12-inch cake on large flat serving platter or cake stand. Press one dowel into center of cake; mark dowel just above top surface of frosting. Remove dowel and cut with serrated knife at marked point. Cut 4 more dowels to the same length. Return one dowel to center of cake. Press remaining 4 cut dowels into cake layer, inserting 4 inches in from cake's edge and spacing evenly. Place on serving table.

**10** Repeat with 9-inch cake, inserting dowels 3 inches inward from cake's edge. Using metal spatula as an aid, gently place 9-inch cake on its cardboard on top of 12-inch cake, centering carefully on dowels. Place 6-inch cake on its cardboard atop dowels in 9-inch cake. About 30 minutes before serving, decorate cake with assorted herbs and herb flowers.

**11** To serve, cut 6-inch layer into 12 equal wedges. Discard 6-inch cardboard; remove dowels from 9-inch layer. Score a 5-inch round in center of 9-inch cake, leaving a 2-inch border around edge. Cut on scored line. Cut cake in quarters. From each quarter cut and serve 3 pieces from outer border and 3 pieces from inner cake. Discard 9-inch cardboard; remove dowels from 12-inch layer. Score a 5½-inch round in center of 12-inch cake, leaving a 3½-inch border around edge. Cut on scored line. Cut cake in quarters. From each quarter cut and serve 6 pieces from outer border and 3 pieces from inner cake.

**Lemon Glaze:** In small bowl, stir together 1 cup confectioners' sugar and ⅓ cup lemon juice until smooth.

Nutrition information per serving using 1 cup lemon juice in the frosting and without herbs—**protein:** 2 g; **fat:** 12 g; **carbohydrate:** 45 g; **fiber:** .3 g; **sodium:** 186 mg; **cholesterol:** 52 mg; **calories:** 287.

## Pear and Dried-Fruit Compote

Shown on page 189

Whole cloves punctuate this apple-juice-poached fruit mixture, which appeared in *Country Living* in March 1993. We doubled this recipe to make enough for all our guests.

MAKES 8 SERVINGS

- 1 12-ounce can frozen apple-juice concentrate
- 1 cup water
- 6 whole cloves
- 4 large (about 2 pounds) ripe Bosc pears with stems (see Note)
- ½ cup pitted prunes
- ½ cup dried apricots
- ½ cup golden raisins

**1** In 3-quart saucepan, heat frozen

Continued on page 204

## Beef Cook-Off Entries Due

CONVENIENCE IS KEY IN RECIPE ENTRIES for the **1999 Beef Cook-Off.** So round up your best recipe using either ground beef or a prepared beef product (such as fully cooked beef, deli beef, preseasoned uncooked beef, or canned beef) and send it to National Beef Cook-Off Entries, P.O. Box 3240, Department CM2, Chicago, IL 60654 (must be postmarked by Nov. 9 and received by Nov. 13), or E-mail your entry to Beefcookof@aol.com by 11:59 P.M. (CT) November 9, 1998. For complete contest rules and recipe entry information, call (800) 848-9088, send an SASE to NBCO Rules, Dept. 99, 444 N. Michigan Ave., 18th Fl., Chicago, IL 60611, or check the Web at www.beef.org.

Pg 204



Continued from page 202

undiluted juice concentrate, water, and cloves to boiling over medium heat. Cover and simmer 5 minutes

**2** Meanwhile, peel pears, leaving stems intact. Core the pears through the bottom. Add pears to the apple-juice mixture; cover and return juice mixture to boiling. Reduce heat to low and simmer pears until tender—about 20 minutes.

**3** Remove saucepan from heat. Discard cloves. Add prunes, apricots, and raisins to pears and stir gently. Let mixture stand 30 minutes to rehydrate the dried fruit.

**4** Transfer fruit and its syrup to jar, cover, and refrigerate until serving time. To serve, cut pears in half and divide fruit among serving bowls.

**Note:** If desired, the number of pears may be doubled to 8 (about 4 pounds) so that each serving will include a whole poached pear as pictured. If all pears will not fit into apple-juice mixture at once, poach half at a time. Transfer poached pears to a bowl to cool to room temperature while rehydrating dried fruit in Step 3.

Nutrition information per serving—**protein:** 2 g; **fat:** .7 g; **carbohydrate:** 48 g; **fiber:** 6 g; **sodium:** 8 mg; **cholesterol:** 0; **calories:** 186.

## Chocolate Truffles

Shown on page 189

Make these truffles ahead of time and freeze them until ready to serve. The recipe for this chocolate indulgence first appeared in *Country Living* in April 1986. You'll probably want to double this recipe for guests; the truffles tend to disappear quickly.

**MAKES 38 TRUFFLES**

- 2 8-ounce packages semisweet chocolate squares or bars, chopped
- 1 cup (2 sticks) unsalted butter
- ¼ cup Cognac
- ⅓ cup unsweetened cocoa powder

**1** In top of double boiler over hot, not boiling, water, melt chocolate, stirring occasionally.

**2** Remove top of double boiler from hot water. Cut butter into ½-inch cubes. Gradually beat butter into chocolate until smooth and thick. Fold in Cognac and refrigerate until firm enough to handle—at least 1 hour.

**3** Measure 1 tablespoon of chocolate mixture. Coat palms of hands with cocoa powder and roll to make truffle as round as possible. Repeat process to make a total of 38 truffles. (If your hands are warm, mixture will soften quickly. If chocolate mixture is too soft to shape, chill again.)

**4** Place remaining cocoa powder on waxed paper. Roll each truffle in cocoa. Refrigerate, covered, until ½ hour before serving. You may need to recoat with cocoa at serving time.

Nutrition information per truffle—**protein:** .7 g; **fat:** 9 g; **carbohydrate:** 8 g; **fiber:** .6 g; **sodium:** 41 mg; **cholesterol:** 13 mg; **calories:** 108. ◘

Pardon me, would you have
a roasting chicken,
whole or cut up into parts?

JUST LIKE MOM USED TO MAKE

Sara Foster *(below left)* and her mom, Say, in Tennessee, c. 1965



## Sara Foster

***The owner of Foster's Market in Chapel Hill and Durham, North Carolina, remembers her mother's:***

### CHICKEN POTPIE

"'Comforting' is the best way to describe my mom's cooking," says Sara Foster, author of *The Foster's Market Cookbook*. Raised in Jackson, Tennessee, this Southern chef grew up eating slow-cooked vegetables and big family meals prepared by her mother, Say. Of all her mom's dishes, Foster's favorite remains chicken potpie, filled with mushrooms, carrots, and peas, topped with flaky biscuits. "My mom never used recipes," says Foster. "After I moved away, she'd talk me through the steps on the phone, saying things like, 'Add flour until it looks like the right consistency.' She still cooks by memory today."

STAPLES

## Lidia Bastianich

*The host of* Lidia's Italy *on PBS and owner of Felidia in New York City shares her mother's recipe for:*

### ASPARAGUS-AND-RICE SOUP

Though Lidia Bastianich's mamma, Erminia, was a full-time teacher when the family lived in Italy, she always managed to cook for them. When asparagus was in season, Erminia used it in every dish—gnocchi, polenta, frittatas, soup. "We would all come home at 3 P.M. and she'd already have the base of the soup, which she had prepared the night before, ready to go," says Bastianich. "Then I would add in the asparagus, rice, and Grana Padano cheese—I was always helping her do something in the kitchen."

**Lidia Bastianich *(far left)* with her brother, Franco, and mother, Erminia, after they moved to Pennsylvania, 1959**

## Frank Stitt

*The chef-owner of Highlands Bar & Grill, Bottega, and Chez Fonfon—all in Birmingham, Alabama—recalls his mother's:*

### LAMB SHANKS WITH SWEET PEAS AND MINT



**Frank Stitt *(above right)* and his mom, Marie, in France, 1977**

"My mother, Marie, was the queen of the kitchen in Cullman, Alabama—and a dead ringer for Grace Kelly, with blonde hair that blew around whenever she drove her convertible," says Frank Stitt, whose latest book, *Bottega Favorita*, was published in December. "She had the patience of Job and never felt an inkling of remorse about time spent in the kitchen. This dish in particular was the hallmark of her talent and patience. She would simmer the lamb so that the braising juices were concentrated and clear before adding the peas and mint."

*"My mother was the queen of the kitchen in Cullman, Alabama."* —Frank Stitt

*"I didn't get bologna or peanut butter and jelly like my friends."* —Nancy Silverton

## Nancy Silverton

***The founder of La Brea Bakery and co-owner of Pizzeria Mozza, both in Los Angeles, still adores her mother's:***

### EGG-SALAD SANDWICH

Artisanal baker Nancy Silverton remembers her mother, Doris, as an experimental cook who was more interested in cuisines from foreign lands than, say, kid-friendly suppers like mac and cheese. "She loved making Middle Eastern food and beef bourguignon," explains Silverton, who also notes that her mom was a stickler when it came to preparing nutritionally balanced meals. "We never went to fast-food restaurants, and I didn't get bologna or peanut butter and jelly like my friends," says Nancy. Her mother did, however, make one classic American specialty that delighted her daughter: egg salad. "It was always a treat to open my lunch box and discover that my mom had packed my favorite 'healthy' sandwich."

**Nancy Silverton *(above right)* with her mother, Doris, in Los Angeles, 1983**

## Deborah Madison

*The renowned vegetarian author of* Local Flavors *divulges her mother's recipe for:*

### CHERRY-ALMOND BABKA

"My mother lived in New York City before she married my dad and moved to a farm upstate," says Deborah Madison. Her mom, Winifred, wasn't interested in homesteading. Instead, she liked to play music and paint. "Cooking wasn't really a priority," admits Madison, and neither was preserving food. "She confided to me that one of her happiest moments was getting rid of her home-canning equipment." Winifred did, however, love to bake: "Food that wasn't integral to getting our family fed was where she took pleasure."

**Deborah Madison *(far right)* with her brother Michael and mom, Winifred, in Ithaca, New York, c. 1951**

*"Baking was where my mom took pleasure."* —*Deborah Madison*

## Suzanne Goin

*The chef of Lucques, A.O.C., and Tavern, all in Los Angeles, reminisces about her mother's:*

### PRIEST'S PANCAKES

The first meal Suzanne Goin's mother, Marcia, cooked for Goin's father, John, was a Spam roast—he was duly horrified. "That's when he gave her Julia Child's *Mastering the Art of French Cooking*," says the chef. "So many of our family meals came from that cookbook that I almost feel as if Julia Child were my mom." These priest's pancakes, however, have been in the family for generations. (Goin's grandparents hosted a clergyman, and in return he made them breakfast.) "They're delicate, silver-dollar-size pancakes," says Goin. "You have to eat them quickly because they deflate."

**Suzanne Goin *(near left)* and her mom, Marcia, in Los Angeles, 1970**

# cookbook

*Simple suppers, a crowd-pleasing dessert, and a new twist on baked chicken*

ONLY FIVE INGREDIENTS

*Cucumbers + green onions + lemon + broth + sour cream** =

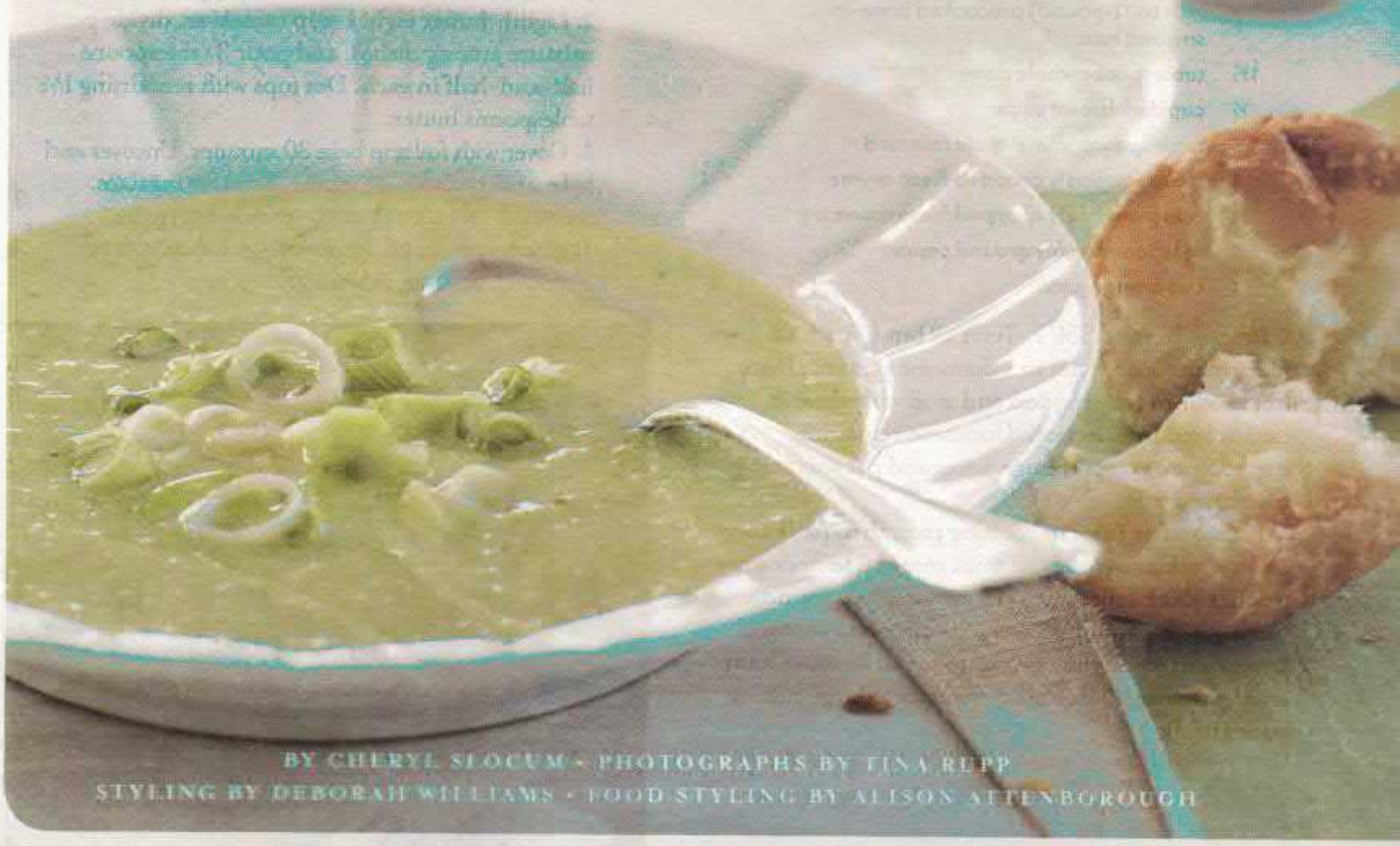
*Plus true pantry staples like salt and pepper

## Cold Cucumber Soup

***Makes** 4 servings. **Working time** 15 min. **Total time** 1 hr. 15 min.*

Place 3 medium **seedless cucumbers,** peeled and chopped; ¾ cup thinly sliced **green onions;** 1 tablespoon **lemon** juice, plus 1 teaspoon lemon zest; 1 teaspoon sea salt; ½ teaspoon freshly ground pepper; and 1½ cups **vegetable broth** in a blender or food processor and puree. Stir in ½ cup **sour cream** and chill until very cold, about 1 hour. Serve topped with additional chopped cucumber, green onion, and lemon zest.

NUTRITION PER BOWL—*protein: 2.3g; fat: 10g; carbohydrate: 8g; fiber: 2g; sodium: 670 mg; cholesterol: 12.7 mg; calories: 125.*



BY CHERYL SLOCUM • PHOTOGRAPHS BY TINA REPP
STYLING BY DEBORAH WILLIAMS • FOOD STYLING BY ALISON ATTENBOROUGH

LEFTOVERS TO LOVE

# One Smoked Ham, Two Hearty Dinners

[ MAKE THIS TONIGHT ]

## Mustard Baked Ham

*Makes 25 servings. Working time 10 min. Total time 2 hr. 15 min.*

- 1 (10- to 12-pound) precooked bone-in smoked ham
- 1½ tablespoons whole cloves
- ½ cup dark brown sugar
- 3 tablespoons whole-grain mustard
- 1 teaspoon finely chopped fresh thyme
- ½ teaspoon finely chopped fresh rosemary
- ¼ teaspoon freshly ground pepper
- 1 cup orange juice

**1.** Preheat oven to 350°F. Trim all but ⅓ inch fat from ham. Score ham in a diamond pattern. Place in a medium roasting pan and stud with clove at each scored intersection. Combine remaining ingredients, except orange juice, and pat seasoning over baked ham.

**2.** Pour orange juice in roasting pan, then place ham on low rack in oven. Bake until internal temperature reaches 140°F (allow 10 to 12 minutes per pound), basting with pan liquid every 20 minutes. Tent with aluminum foil if glaze begins to burn. Remove ham and let rest for 15 minutes. Transfer to large cutting board to slice.

NUTRITION PER SERVING—*protein: 23.9 g; fat: 8.6 g; carbohydrate: 5.4 g; fiber: 0 g; sodium: 1,612 mg; cholesterol: 68.3 mg; calories: 192.*

[ ENJOY THIS TOMORROW ]

## Ham and Potato Gratins

*Makes 8 servings. Working time 35 min. Total time 1 hr. 20 min.*

- 2½ tablespoons unsalted butter, plus more for coating ramekins
- 1 medium Vidalia onion, peeled and thinly sliced
- ¼ teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 pounds Yukon gold potatoes, peeled and sliced as thinly as possible
- 1½ cups leftover glazed ham (8 ounces), cubed
- 1¼ cups grated Gruyère cheese (4 ounces)
- 2 tablespoons chopped fresh parsley
- 1½ cups half-and-half

**1.** Preheat oven to 325°F. Melt 1 tablespoon butter in a medium skillet over medium-low heat. Add onion and ¼ teaspoon each salt and pepper, and cook over low heat until onion is deep brown and translucent, about 25 minutes. Remove from heat and combine with potatoes, ham, cheese, parsley, and remaining salt and pepper.

**2.** Lightly butter eight 1-cup ramekins, divide potato mixture among dishes, and pour 3 tablespoons half-and-half in each. Dot tops with remaining 1½ tablespoons butter.

**3.** Cover with foil and bake 30 minutes. Uncover and bake until potatoes are tender, 35 more minutes.

NUTRITION PER SERVING—*protein: 13.5 g; fat: 17 g; carbohydrate: 26.1 g; fiber: 1.5 g; sodium: 551 mg; cholesterol: 62.2 mg; calories: 312.*

## Rick Bayless

*The chef-owner of Frontera Grill and Topolobampo, both in Chicago, describes his mother's:*

### EGG-AND-CHEESE SOUFFLÉ

Rick Bayless—author of *Mexico: One Plate at a Time*—says his mother, Levita, was one of those cooks who relied on a few delicious go-to recipes. "She had one special-occasion dish that she called her egg soufflé," says Bayless. "We've made it since time immemorial in my family. It's not really a soufflé at all. You pour custard over bread and bake it, and the result's more like a savory, cheesy bread pudding. This meal's a real crowd-pleaser." Still, it's been 20 years since Levita cooked for her son. "Now," adds Bayless, "I'm always cooking for her."

**Rick Bayless** *(near right)* **with his mom, Levita, at his wedding, 1979**

"It's been 20 years since my mom cooked for me. Now I'm always cooking for her."

—Rick Bayless

UPDATED CLASSIC

# Banana Pudding Pie

*A retro dessert gets a delicious makeover—courtesy of fresh bananas, a vanilla-wafer crust, and loads of gooey caramel.*

***Makes** 10 servings. **Working time** 30 min. **Total time** 2 hr. 45 min.*

- 50 vanilla wafers (about 3 cups)
- 2 tablespoons dark brown sugar
- 2 tablespoons granulated sugar, plus ½ cup
- ⅛ teaspoon sea salt, plus ¼ teaspoon
- 5 tablespoons melted unsalted butter; plus 1½ teaspoons, room temperature
- ¼ teaspoon vanilla extract, plus ¼ teaspoon
- 3 egg yolks
- 2 tablespoons cornstarch
- 1 teaspoon powdered gelatin
- ¼ cup cold milk, plus ¼ cup
- 1 cup heavy cream
- 1 vanilla bean, pod and scraped seeds
- 1 cup fresh whipped cream
- 5 tablespoons caramel sauce, plus extra for garnish
- 3 medium bananas, sliced

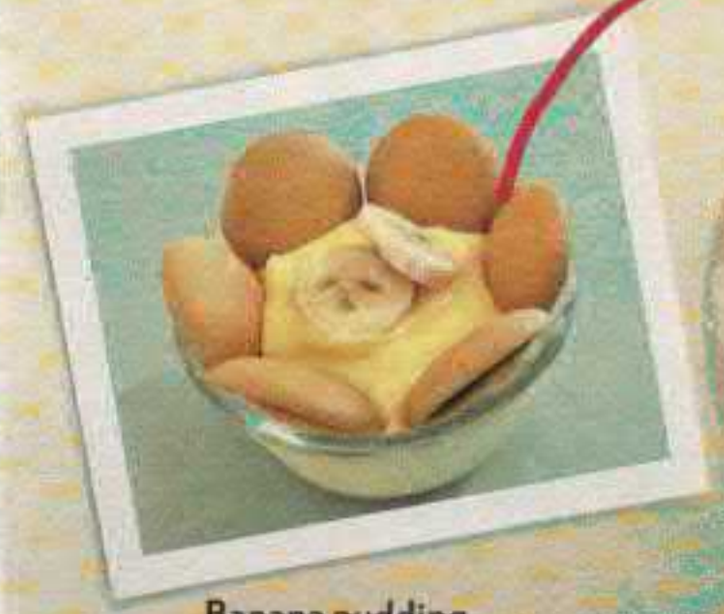
**1.** Preheat oven to 350°F. Crush vanilla wafers and toss with brown sugar, 2 tablespoons granulated sugar, and ⅛ teaspoon sea salt. Stir in melted butter and ¼ teaspoon vanilla extract and press mixture into a 9-inch pie plate. Bake for 10 minutes. Cool on a wire rack.

**2.** Chill a medium bowl over a larger bowl filled with ice water and set aside. In another bowl, whisk egg yolks, cornstarch, and remaining ½ cup granulated sugar and ¼ teaspoon sea salt together until very thick and light in color. Set aside. Sprinkle gelatin over ¼ cup cold milk. Let sit for 5 minutes.

**3.** Bring heavy cream, remaining ¾ cup milk, and vanilla bean to a boil in a medium pot. Remove from heat, slowly whisk cream mixture into reserved egg mixture, pour back into pot, and stir over medium-low heat until it reaches a boil. Pour into chilled bowl, remove vanilla bean pod, and stir in gelatin mixture and remaining 1½ teaspoons butter and ¾ teaspoon vanilla extract. Let cool and fold in whipped cream.

**4.** Spread caramel sauce over crust. Line with 2½ bananas and top with pudding. Chill for 2 hours. Decorate with remaining banana slices and caramel.

**NUTRITION PER SERVING**—*protein: 3.8 g; fat: 27.8 g; carbohydrate: 55.5 g; fiber: 2.3 g; sodium: 183.9 mg; cholesterol: 114.7 mg; calories: 471.*



Banana pudding enters the modern age.

CL SHORTCUT

# Three Fresh Ideas for Frozen Spinach

*This freezer staple delivers the same nutrients as produce-aisle leaves—without all that washing and trimming.*

## Spinach-Taleggio Bites

***Makes** 40 pieces. **Working time** 25 min. **Total time** 40 min.*

Preheat oven to 400°F. Thaw and squeeze liquid from two 10-ounce packages **frozen chopped spinach.** Add 1¼ cups grated **Taleggio cheese** (hint: freeze 45 minutes beforehand for easier grating), ½ teaspoon **salt,** ¼ teaspoon **cinnamon,** and ¼ teaspoon **cayenne;** set aside. Brush a 13- by 18-inch sheet **phyllo dough** with melted **butter.** Fold in half (from the longest side), brush with butter, and fold into an 8- by 3½-inch strip. Cut in half. Heap a tablespoon of spinach mixture in center of each piece of dough and bunch into a bundle. Repeat with 20 sheets. Bake on parchment-lined pan until golden, 12 minutes.
NUTRITION PER PIECE—*protein: 1.6 g; fat: 2.1 g; carbohydrate: 3.1 g; fiber: 0.5 g; sodium: 82 mg; cholesterol: 5.5 mg; calories: 37.*



## Curried Spinach and Lentil Bake

***Makes** 10 servings. **Working time** 15 min. **Total time:** 55 min.*

Preheat oven to 350°F. Cook 1 cup chopped **yellow onion** and 1 finely chopped **garlic clove** in 3 tablespoons **olive oil** in a large heatproof skillet over medium-low heat until translucent. Stir in 1 cup **basmati rice,** 2 teaspoons **curry powder,** 1½ teaspoons **salt,** and 1 teaspoon **freshly ground pepper;** cook 2 more minutes. Add two 10-ounce packages thawed **frozen chopped spinach** (squeeze out liquid), 2 cups **cooked brown lentils,** and two 13.5-ounce cans **coconut milk.** Cover and bake, 30 to 40 minutes.
NUTRITION PER SERVING—*protein: 6.7 g; fat: 21.1 g; carbohydrate: 20.8 g; fiber: 4.5 g; sodium: 411 mg; cholesterol: 0 mg; calories: 282.*

*"Frozen spinach is certainly one of the great inventions."*

—JULIA CHILD, *MASTERING THE ART OF FRENCH COOKING*



## Spinach-Ricotta Gnocchi

***Makes** 8 servings. **Working time** 35 min. **Total time** 35 min.*

Thaw and squeeze all liquid from one 10-ounce package **frozen chopped spinach;** chop spinach finely. Stir with 2 whole **eggs,** 2 **yolks,** 16 ounces **ricotta cheese,** ½ teaspoon **sea salt,** ¼ teaspoon each **freshly ground pepper** and **nutmeg,** 1 cup grated **Parmigiano-Reggiano,** and 1 cup **flour** until just combined into a very soft dough. On a lightly floured surface, gently shape into ½-inch-thick ropes. Cut into 1-inch pieces and cook in batches in a large pot of boiling salted water, 4 minutes. Serve drizzled with extra-virgin olive oil and shaved Parmigiano-Reggiano.
NUTRITION PER SERVING—*protein: 16.1 g; fat: 27.5 g; carbohydrate: 16 g; fiber: 1.6 g; sodium: 422.3 mg; cholesterol: 143 mg; calories: 369.*

# The Recipes

*How to prepare the seven dishes featured in "Just Like Mom Used to Make," pages 134–139.*

## Chicken Potpie

***Makes** 10 servings. **Working time** 1 hr. 10 min. **Total time** 2 hr. 20 min.*

- 1 (4- to 4½-pound) chicken
- 12 Foster's Herb Biscuits, uncooked (recipe follows)
- 6 tablespoons unsalted butter
- 4 carrots, peeled and chopped
- 4 ribs celery, chopped
- 8 ounces fresh button mushrooms, thinly sliced
- ¼ cup all-purpose flour
- 1 (10-ounce) box frozen green peas
- 1 tablespoon chopped fresh sage
- Salt and freshly ground pepper to taste
- 1 egg
- 2 tablespoons milk

Place chicken in a large pot and add enough water to cover by 1 inch. Bring to a boil over medium-high heat. Reduce heat to low and simmer until meat is fully cooked, about 45 minutes. Meanwhile, prepare biscuits and set aside. Remove chicken from pot and reserve 5 cups cooking liquid. When chicken is cool enough to handle, pull off meat in large chunks. Set aside. Preheat oven to 375°F. Melt butter in a large skillet over medium-high heat and add carrots, celery, and mushrooms. Sauté, stirring frequently, about 10 minutes. Add flour and cook, while stirring, until flour is light brown, 3 to 4 minutes. Slowly whisk in reserved cooking liquid and bring to a low boil while whisking. Add peas and sage. Season with salt and pepper, reduce heat, and simmer, stirring occasionally, until thick, 10 to 15 minutes. Add chicken meat, remove from heat, and transfer mixture into a 9- by 13-inch baking dish. Top with biscuits. Beat egg and milk together and lightly brush over biscuits. Bake potpie until biscuits are golden brown and chicken mixture is bubbling around edges, 25 to 30 minutes. Serve immediately.

### Foster's Herb Biscuits:

***Makes** 1 dozen 2½-inch biscuits. **Working time** 15 min. **Total time** 15 min.*

- 3½ cups all-purpose flour, plus more for dusting
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 sticks unsalted cold butter, cut into small cubes
- 2 tablespoons chopped fresh parsley
- 1½ cups buttermilk

Lightly flour a baking sheet and set aside. Sift flour, baking powder, baking soda, and salt together into a large bowl. Cut butter into flour mixture, using a pastry blender or two knives, until mixture is coarse and crumbly. Stir in parsley. Make a well in center of flour mixture, pour in buttermilk, and stir using a fork until dough just comes together—do not overmix. Turn onto a lightly floured surface and pat or roll dough into a circle about ½ inch thick. Cut out biscuits using a floured 2½-inch-round cutter. Transfer biscuits to baking sheet, cover with waxed paper, and set aside until ready to use.

NUTRITION PER SERVING—
*protein: 39.8 g; fat: 55.1 g; carbohydrate: 45.4 g; fiber: 3.8 g; sodium: 761.6 mg; cholesterol: 200.7 mg; calories: 839.*

## Asparagus-and-Rice Soup

***Makes** 8 servings. **Working time** 25 min. **Total time** 2 hr.*

- 4 large garlic cloves, crushed and peeled
- ⅓ cup extra-virgin olive oil, plus 2 tablespoons
- 2 cups ½-inch-cubed potatoes (about 2 russet potatoes)
- 3 cups chopped leeks, ¼ inch of white and all green parts
- 2 bay leaves
- 1 tablespoon coarse sea salt or kosher salt, plus more to taste
- 1½ pounds fresh asparagus, cut into ½-inch chunks, plus more spears for garnish
- 1 cup Arborio rice
- Freshly ground pepper, to taste
- ½ cup freshly grated Grana Padano, or Parmigiano-Reggiano, plus more to taste

Sauté garlic with ⅓ cup olive oil in a heavy-bottomed, 6-quart pot over medium-high heat for 1 to 2 minutes. Add potatoes and cook, stirring occasionally, until crusty but not browned, 4 to 5 minutes. Add leeks and cook until softened, 3 to 4 minutes. Add 5 quarts water, bay leaves, and 1 tablespoon salt. Stir well, scraping potatoes from pot bottom. Cover, bring to a boil, and add cut asparagus. Lower heat to vigorous simmer and cook, uncovered, about 1½ hours, stirring occasionally, until reduced by a third. Add rice, bring to a boil, and cook 10 minutes. Remove from heat and season with pepper and more salt to taste. Stir in remaining 2 tablespoons olive oil and ½ cup grated cheese. If desired, steam remaining asparagus and garnish. Serve hot.

NUTRITION PER SERVING—
*protein: 9.1 g; fat: 17.3 g; carbohydrate: 29.8 g; fiber: 4.4 g; sodium: 1,049 mg; cholesterol: 8.8 mg; calories: 298.*

# Flora's Jam-Glazed Chicken

READER RECIPE

*Makes 4 servings. Working time 10 min. Total time 1 hr. 10 min.*

- 1 (4-pound) chicken cut into eighths, or 2 bone-in split chicken breasts
- 1 teaspoon sea salt
- ½ teaspoon freshly ground pepper
- 1 lemon, juiced
- ¾ cup peach jam
- 4 garlic cloves, finely chopped

**1.** Preheat oven to 400°F. Place chicken pieces in a 10-inch, oven-safe skillet—or an 8- by 10-inch baking dish. Season with salt and pepper and squeeze lemon juice over chicken. Stir jam and garlic together and spread over chicken.

**2.** Bake uncovered, until juices run clear and meat reaches 165°F, about 1 hour.

NUTRITION PER SERVING—*protein: 76 g; fat: 33.6 g; carbohydrate: 41.5 g; fiber: 0.2 g; sodium: 524.2 mg; cholesterol: 232.2 mg; calories: 783.*

*"I've prepared this on about 40 occasions, and it comes out perfect every time."*

—Flora Greditor
Norwood, New Jersey



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## Lamb Shanks with Sweet Peas and Mint

*Makes 4 servings. **Working time** 1 hr. 25 min. **Total time** 2 hr. 45 min.*

- 1 leek, thoroughly rinsed
- 3 sprigs each thyme and mint
- 2 bay leaves
- 2 tablespoons olive oil
- 4 lamb shanks, trimmed and patted dry
- 1½ teaspoons kosher salt, plus more to taste
- 1 teaspoon freshly ground pepper, plus more to taste
- 1 yellow onion, thinly sliced
- 2 carrots, peeled and thinly sliced
- 2 cups dry white wine
- 6 cups chicken or beef broth
- 8 cipollini onions (optional)
- 1 tablespoon extra-virgin olive oil, plus more if using cipollini
- 1 tablespoon unsalted butter
- 1 Vidalia onion, halved and sliced
- 1 small garlic clove, crushed
- 2 cups fresh or frozen sweet peas
- ¼ cup mint leaves, finely chopped, plus a few leaves for garnish
- 1 small bunch flat-leaf parsley, leaves removed and finely chopped

Preheat oven to 325°F. Strip two outer leaves from leek, and use to wrap thyme and mint sprigs together with bay leaves in a bundle. Tie with kitchen twine to secure. Set aside. In a heavy skillet large enough to accommodate shanks in a single layer, heat 1 tablespoon olive oil over medium-high heat. Season shanks with 1½ teaspoons salt and 1 teaspoon pepper and sear until golden brown on all sides, about 10 minutes. Transfer to a Dutch oven or large casserole. Wipe out skillet and heat remaining 1 tablespoon olive oil over medium heat. Add yellow onion and carrots and cook until softened, about 10 minutes. Add wine, bring to a boil, and reduce by half. Add broth and herb bundle. Bring to a simmer and pour over shanks. Place parchment paper over lamb, cover pot, and place it in oven. Reduce heat to 300°F and cook at barest simmer until lamb is tender, 2 to 2½ hours. Meanwhile, if using cipollini, pour boiling water over onions, allowing them to soak 10 minutes, then drain and peel. Coat bottom of small skillet with extra-virgin olive oil. Add cipollini in

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a single layer, season with salt and pepper, and cook over medium heat, stirring occasionally, until lightly golden, about 8 to 12 minutes. Set aside. Thinly slice remaining leek. Heat 1 tablespoon extra-virgin olive oil and butter in a medium skillet over medium heat. Add leek slices, Vidalia onion, and garlic and cook until softened and golden, 10 to 12 minutes. Add peas and a splash of water and cook until tender. Stir in mint, parsley, and salt and pepper to taste. Set aside. Transfer shanks to a wire rack. Strain braising broth into a small saucepan and boil over high heat, skimming off fat, until reduced by half. Serve shanks, vegetables, and optional cipollini over risotto or rice with broth; garnish with mint leaves.

NUTRITION PER SERVING—
*protein: 92.3 g; fat: 77.3 g; carbohydrate: 33.4 g; fiber: 5.4 g; sodium: 1,065 mg; cholesterol: 291.9 mg; calories: 1,292.*

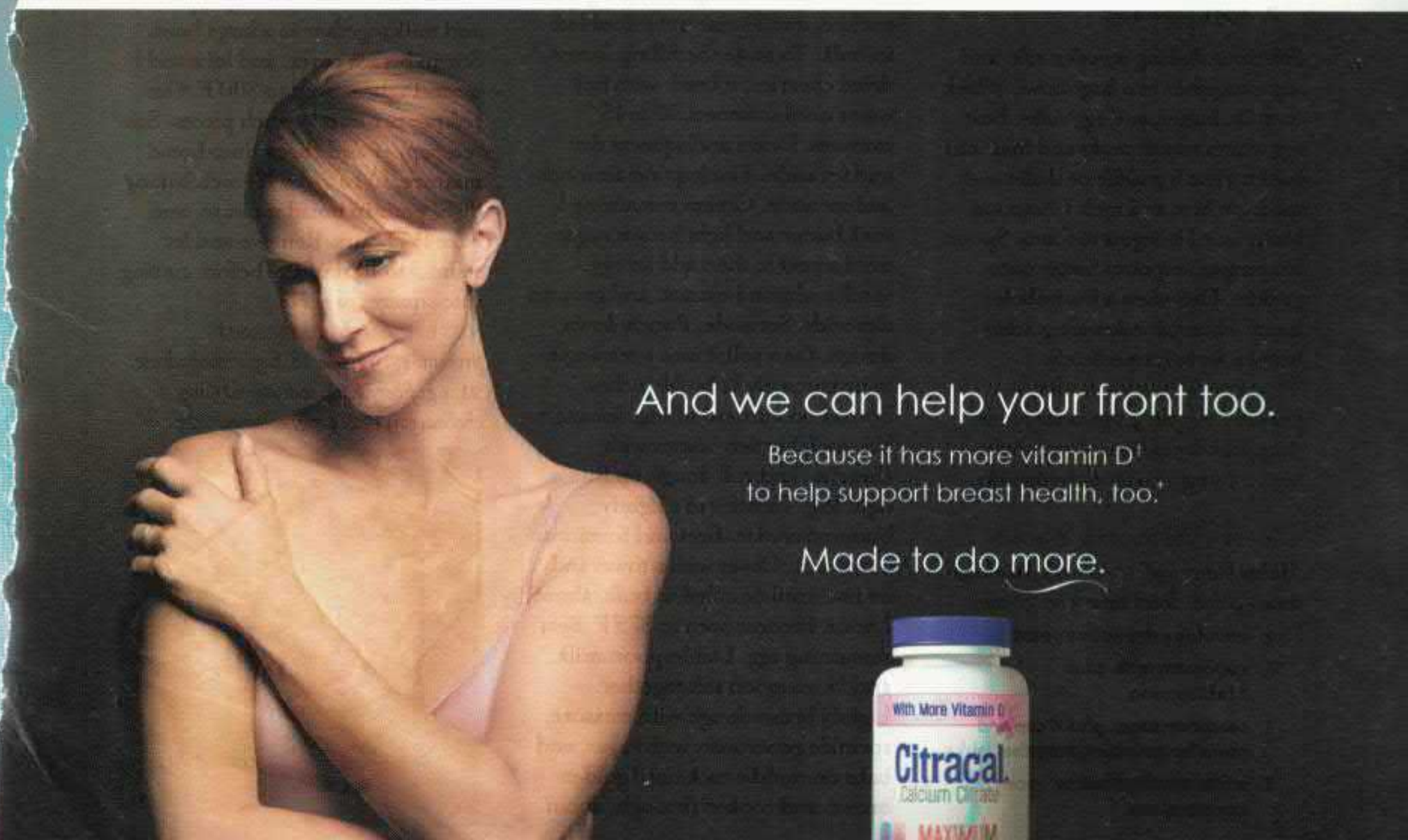
## Egg-Salad Sandwich

***Makes** 1 sandwich. **Working time** 10 min. **Total time** 25 min.*

- 2 eggs
- 2 tablespoons mayonnaise
- ¼ teaspoon extra-virgin olive oil
- ½ teaspoon minced garlic
- Kosher salt to taste
- Freshly ground pepper to taste
- ¼ cup watercress
- 2 slices La Brea Bakery Whole Wheat & Honey Loaf (available at most grocery stores), or crusty whole wheat loaf
- 1 teaspoon snipped chives
- 1 small French breakfast radish, thinly sliced

Place eggs in a medium saucepan with water to cover. Bring to a rolling boil over high heat, cover and simmer 5 minutes, remove from heat, and let eggs sit in pot with water for 5 minutes. Cool eggs in a large bowl of ice water for a minute or so. Peel shells, and tear eggs into large pieces. In a bowl, gently mix together eggs, mayonnaise, olive oil, garlic, salt, and pepper. Place watercress on one slice of whole wheat bread, layer with egg salad, and top with chives and radishes. Cover with second slice of bread and serve.

NUTRITION PER SANDWICH—
*protein: 18.5 g; fat: 23.3 g; carbohydrate: 27.8 g; fiber: 4 g; sodium: 1,108 mg; cholesterol: 428 mg; calories: 420.*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## Priest's Pancakes

***Makes*** *2 dozen silver-dollar pancakes.* ***Working time*** *30 min.* ***Total time*** *40 min.*

- 1 cup flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 heaping tablespoon sugar
- 1⅓ cups milk
- 2 tablespoons butter, melted and cooled
- 2 eggs, separated

Sift flour, baking powder, salt, and sugar together in a large bowl. Whisk in milk, butter, and egg yolks. Beat egg whites to soft peaks and fold into batter. Heat a griddle or skillet over medium heat and melt 1 teaspoon butter until it begins to foam. Spoon heaping tablespoons batter onto griddle. Flip when a few bubbles form; when pancakes are golden brown, serve immediately.

NUTRITION PER PANCAKE—
*protein: 1.6 g; fat: 3.7 g; carbohydrate: 5.4 g; fiber: 0 g; sodium: 159 mg; cholesterol: 25.9 mg; calories: 61 per pancake.*

## Cherry-Almond Babka

***Makes*** *1 large loaf, 10 servings.* ***Working time*** *50 min.* ***Total time*** *3 hr. 30 min.*

- 1 envelope dry active yeast
- ½ cup warm milk, plus 1 tablespoon
- 1 teaspoon sugar, plus ⅓ cup and more for sprinkling atop the babka
- 2 sticks unsalted butter, room temperature
- ½ teaspoon salt, plus ⅛ teaspoon
- 4 eggs, room temperature
- ½ cup sour cream
- 4 cups all-purpose flour
- 1 cup dried cherries
- 1¼ cups slivered almonds, toasted
- ½ cup light brown sugar
- ½ teaspoon vanilla
- ¼ teaspoon almond extract

Stir yeast, ½ cup milk, and 1 teaspoon sugar together and set aside until foamy, about 10 minutes. Meanwhile, beat 1 stick butter with remaining ⅓ cup sugar and ½ teaspoon salt until creamy. Add 2 eggs, 1 at a time, followed by yeast mixture and sour cream. Add flour by cup (using either a heavy-duty mixer with bread hook, or by hand with a wooden spoon), until dough pulls away from sides of bowl. Turn out onto a lightly floured surface and knead until silky and smooth. Transfer to a buttered bowl, place a piece of plastic wrap over dough surface, and let rise until doubled in bulk. To make the filling, cover dried cherries, if hard, with hot water until softened, 10 to 15 minutes. Drain and squeeze dry and set aside. Finely grind almonds and set aside. Cream remaining 1 stick butter and light brown sugar until smooth, then add an egg, vanilla, almond extract, and ground almonds. Set aside. Punch down dough, then roll it into a rectangle approximately 12 by 24 inches. Spread on almond filling, leaving a 1½-inch border, scatter with cherries, and roll dough up into a tight log. Transfer to a lightly buttered cookie sheet and form into a crescent. Cover with a towel and let rise until doubled in bulk, about 1 hour. Preheat oven to 375°F. Beat remaining egg, 1 tablespoon milk, and ⅛ teaspoon salt together. Lightly brush dough with mixture, sprinkle generously with sugar, and bake on middle rack until golden brown and cooked through, about 1 hour. (If babka starts to get too dark while baking, cover it loosely with foil.) Remove from oven and cool slightly on a wire rack. Serve warm.

NUTRITION PER SERVING—
*protein: 12.3 g; fat: 31.7 g; carbohydrate: 70.9 g; fiber: 6.5 g; sodium: 160 mg; cholesterol: 118.2 mg; calories: 616.*

## Egg-and-Cheese Soufflé

***Makes*** *8 to 10 servings.* ***Working time*** *35 min.* ***Total time*** *2 hr. 45 min.*

- 6 eggs
- 1 teaspoon dry mustard
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 4 cups milk
- 7 cups cubed dense white sandwich bread (about 12 slices), crusts removed
- 1 large red pepper, roasted, skin and seeds discarded
- 3 cups coarsely grated Cheddar (about 12 ounces)

Beat eggs, mustard, salt, pepper, and milk together in a large bowl. Stir in bread, cover, and let stand 1 hour. Preheat oven to 300°F. Cut red pepper into ¼-inch pieces. Stir red pepper and cheese into bread mixture. Oil a 9- by 13-inch baking dish, pour in bread mixture, and bake 1¾ hours. Remove and let stand 5 to 10 minutes before cutting into squares to serve.

NUTRITION PER SERVING—
*protein: 17.9 g; fat: 18.6 g; carbohydrate: 21.4 g; fiber: 1.1 g; sodium: 615 mg; cholesterol: 172.4 mg; calories: 326.*

# Rest Stop

During late fall in Alaska's Katmai National Park, a female grizzly takes a break from catching fish in a nearby lake. "I was walking to the campground when I ran into her," says photographer Matthias Breiter. "She was coming towards me, then stopped about 30 yards away, sat down and leaned back against a small tree stump [not visible] to scratch her back." The bear soon ambled back to the lakeshore to continue fishing—part of her efforts to fatten up for winter denning.

For a variety, try simmering prunes with a little water and a slice or two of fresh lemon.

Never liking to make homemade noodles, I've changed my mind since I found this time-saver

Your favorite noodle recipe can be made and chilled so it rolls without sticking. With a rolling pin, roll the dough out lengthwise on a sheet of wax paper. Next, roll the dough and paper up like a jelly roll and freeze.

When you want some noodles, you can slice off however many are needed and return the roll to the freezer.

*For crispier, juicier fried foods*

## Golden-Fry Batter

1/2 cup MAZOLA Corn Oil
1 cup *sifted* GOLD MEDAL Flour
1 1/2 cups milk
1 egg

Blend oil and flour. Add milk and egg. Beat with rotary beater until smooth. Batter will be thin. *Dry food thoroughly; then coat generously with unseasoned flour.* Dip into batter, letting excess drip off. Fry in Mazola (375°) 3 to 4" deep until golden brown. (Use chickens 2½ lb. or under; fry until tender.) Drain on absorbent paper, season, serve.